

AMERICAN FOUNDATION  
FOR THE BLIND INC.







## HELPING HANDS

*By the same Author*

A PLACE AMONG MEN  
THE FEET IN RELATION TO HEALTH  
FROM MONS TO 1933



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THE AUTHOR.

[*Frontispiece.*]

# HELPING HANDS

By  
CAPTAIN GERALD LOWRY  
O.ST.J., F.R.G.S.

With Foreword by  
THE RT. HON. THE VISCOUNT WAKEFIELD OF HYTHE  
C.B.E., LL.D.

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TO  
MY WIFE





## FOREWORD

BY THE RT. HON. THE  
VISCOUNT WAKEFIELD OF HYTHE, C.B.E., LL.D.

I AM very pleased to contribute a Foreword to this book by Captain Gerald Lowry. There are many books dealing with physical health, and there may be too many people morbidly preoccupied with their own health. Here is a book that is different. It is a song of victory. The most self-centred hypochondriac, reading this account of a broken life gloriously renewed, will surely be taken right "out of himself." For its author is not only rightly esteemed as a skilful exponent of the science of osteopathy, but he is an inspiring example of supreme triumph over what used to be considered the insuperable handicap of blindness. It is thus a book with a two-fold message.

It is not necessary for me to say very much with regard to the value of osteopathic treatment. An increasing number of people, myself included, have benefited by its application. To those who as yet know little of the subject, the following chapters outline with an authority I cannot claim the way in which many human ills can be lightened or altogether banished by such means. The evidence on this score is overwhelming, and the science of osteopathy has well established its claims to due recognition. The sum total of unnecessary and preventable human suffering is so vast that we are bound to welcome every addition to the armoury of weapons that can be used for its alleviation.

Having said this, may I in conclusion pay my tribute to Captain Lowry's magnificent achievement. The

## FOREWORD

young man who fought through the Mons retreat, only to be deprived of the precious gift of sight (in October, 1914), fought a yet greater battle—and won. The story of how he overcame the first shock, was helped by St. Dunstan's, and in the course of his training as a masseur discovered his rare gift for manipulative diagnosis and treatment, has already been told. Those of us who enjoy the possession of our five "senses," with so little conception of the beauty and splendour of the gifts we so carelessly employ, are rightly humbled by the triumph of such a man as Captain Lowry.

For the full enjoyment of life, a quickened imagination and an ever-present sense of gratitude to Almighty God are necessary. Read with what vigour and full-blooded joy Captain Lowry enters into the most unexpected activities—boxing, golf, riding and swimming, for example. How earnestly, too, he devotes his unusual skill and insight to the service of his fellow-men. I am sure that the reader of this book will leave it with a new understanding of the possibilities of human achievement. There is no defeat that cannot be turned into glorious victory ; no loss that cannot be transformed by courage to a greater and a nobler gain.

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# HELPING HANDS

## INTRODUCTION

### ABOUT MYSELF

SINCE writing my book "From Mons to 1933," so many kind people have written to me saying how greatly they enjoyed reading my experiences before losing my eyesight that it has occurred to me that it would perhaps be of some interest if I again described something of my earlier life.

My father's business was that of a flax merchant, and, in 1913, I found myself in Belgium engaged in learning all I could about that important industry. We were responsible for buying the flax, which is the raw material out of which linen is woven, and, as there are many degrees and qualities of flax, a delicate sense of touch is most necessary for those who desire to make a success of such work. I mention this because I spent many years in developing this sense, which was, as I will show, later to prove of inestimable value during my blindness and in my work as an osteopath.

It is difficult to analyse oneself at that age, but I know quite well that, although twenty-five years had passed over my head, though I was physically fit and with a keen zest for enjoying life to the full, I was still altogether without ambition and without a thought to my future. Actually, I had begun to realise that, although I had entered my father's business which, as the elder son, seemed my natural duty, my one real desire in life was to be a soldier. This desire had been stimulated by the fact that, prior to going to Belgium, I had served an apprenticeship in a mill in Belfast, Northern Ireland,



where I had joined the Officers' Training Corps which had then just been formed at Queen's University.

My upbringing had not been particularly strict and, never having previously been subject to authority, I found at first that what I was called upon to endure in my earlier days of military training was almost more than I could accept. Unpunctuality, slackness and all other equally deadly sins of military authority were pointed out to me in no kind fashion by that paragon of authority, the Adjutant of the Corps—Captain J. L. Sleeman—until my mutinous spirit rose to such heights that I could, at times, have resigned from the O.T.C. Fortunately, however, I did not, for I was later to be one of the few selected to represent the O.T.C. at the Coronation of our beloved King George V., by which time I had risen to the high rank of sergeant. It was not long after this that I had good reason to bless this since distinguished officer for what he had compelled me to do, for it was largely thanks to his efforts that by the time the Great War was declared in August, 1914, I found myself an officer attached to the 2nd Battalion of the Royal Irish Rifles on its way to Mons.

Both then and in the subsequent fighting that followed there was not a day that passed that I had not in my heart a deep gratitude for the magnificent training given to me, and for the opportunity of participating in what is unquestionably one of the most important events of history, for had not the British Army made the stand it did and succeeded in extricating itself from the grip of the mighty German forces, the Great War must inevitably have ended in the defeat of the Allied Powers.

If I write again of the Battle of Mons and the subsequent retreat, it is because those vital days still stand out in my memory more saliently than any other in my life, and as I write this to-day, I can see quite vividly again massive line upon line of German infantry advancing most gallantly and steadily up the valley in front of my battalion, with such overwhelming force and such



magnificent self-sacrifice, that they arrived within 400 yards before the withering and deadly fire of our men forced them to retire. It was an awe-inspiring and tragic sight to see such splendid manhood being mowed down like waves of corn, and although I suppose that, as a soldier, no humanitarian thoughts should have entered my mind, I can still remember watching this impressive, if melancholy, spectacle with an amazement that civilisation could bring about and suffer such things. For my pre-war experience in Belgium and Germany had taught me quite clearly that, while we on our side were being told that God was on our side and that what we were doing was for the sake of freedom and civilisation, those opposite to us—being torn to pieces by our devastating fire—were equally sure, and were being equally told by their parsons and clergy that God was on *their* side, and that they too were fighting for freedom and civilisation. It is this revolting and awful hypocrisy and detestably wicked falseness that makes warfare horrible.

And, looking back, I realise that although, like all spirited youth, the fighting and the battle proved exhilarating, if not exactly enjoyable, the sight of strong men falling all around me and suffering the most excruciating tortures before death put an end to misery, made it clear that war can have no real part in any well-ordered world and that something must indeed be wrong where it happens.

In any case, if there is one fact more prominent than another it is that no nation in the future should dare to include God's name in such filthy, murderous and horrible devilry. And if some think these are strong words, let them witness the sights that I, as a comparative youth, was compelled to endure during those early days, when I was to see my best friends shot through the stomach, or some equally vital spot, and lie for hours writhing in agony because not even morphia was available ; or to see magnificent men endeavouring to escape with feet and even legs shot off and no hope whatever of recovery.

There is far too great a tendency to regard warfare as something noble, and also to imagine that professional soldiers look forward to another war, and even create wars. In all probability more lies are told about war than anything else, but the greatest of all is this foul and contemptible assertion that soldiers cause wars, for they—of all who participate in them—have nothing whatever to do with the work or the folly which brings them about.

In July, 1914, for example, the British Army had no idea whatsoever that there was a possibility of war with Germany, and had we been told to fight the French or the Belgians or any other nationality we would have gone to war with exactly the same spirit as we did against the Germans. In other words, there was no animosity whatever against the latter, but we were merely doing the duty which we had pledged ourselves to do, namely, to fight for King and Country and to fight those wars which politicians and financiers, plus fanatics or criminally minded plotters had made, either through stupidity or through some contemptible trickery. Strong words, perhaps, but it is only when one clears the arena of those things which do not make for war that the general public will be able to see those men or things which do.

However, I must proceed with my story, although I hope I will be forgiven for having expressed my mind upon this subject.

At the time of which I am speaking I was naturally filled with the spirit of combat and quite—if I may put it that way—enjoying the privilege of serving as one of the infinitely small “Contemptible Army,” and, thinking of this, another picture is indelibly imprinted on my mind—that occasion when we turned at bay at daybreak in order to stem the pursuit. As we advanced into Condrai I shall never forget the amazed surprise on the faces of the German cavalry as I turned a corner with my men and we charged them with fixed bayonets and drove them out—the Uhlans who survived making all speed to get

away. It was a counter-attack, the value of which proved so great that they did not attempt to re-enter the village until some hours after we had resumed our strategical retirement.

Equally vivid is the memory of the inhabitants of Condrai who, throughout this horrible fighting, maintained their wonderful courage, and when we had driven the Germans out, opened their doors and handed out bread, fruit and wine to those of us who had survived.

Our troubles were not over, however, for almost directly the last of the Uhlans had left the village the German artillery opened out upon us, and the shells came over, bursting into the square and streets with a hurricane of fire effect, bringing down large parts of houses like a pack of cards, with the result that, needless to say, we did not waste time in making our exit.

Little episodes like this occurred periodically throughout the great retreat from Mons, punctuating the dull periods of long marches with brief periods of extreme activity, and it was fortunately so, for, as this retreat continued, one's brain became so exhausted with fatigue that it was only by sheer will-power that one succeeded in keeping on one's feet. On and on it went, although all the while we had the unhappy consciousness that we were not going back because we had been defeated, but, on the contrary, because our fighting superiority was required to be preserved for a future date. For had we continued to hold our position at Mons, which we could quite easily have done, so small was our little army that it would have been completely encircled by the vast armies of Germany, in which case, our communications being cut, we should have had the humiliating experience, never—thank God—yet suffered by British arms, of being compelled to surrender as a whole.

It was that which made the Retreat from Mons so depressing, until it seemed never ending, and we reached as far as the forest of Crecy. By this time exhaustion and privation had reduced most of us to a condition which

can best be described as "fed up," but this was lifted instantaneously and to our inexpressible joy by then receiving the order to advance. It made a miraculous change in the spirits of everyone when the order came for the battle of the Marne, in which we were wonderfully successful—to the amazement of the Germans, who had thought that our morale must have been shattered by the long retreat.

This was rapidly followed by the crossing of the River Aisne, which not even the gallantry of the German troops opposed to us could prevent. Then followed heavy and continuous fighting, lasting both day and night, to gain the high ground on the other side of the river and to occupy the ridge upon which the Germans had previously entrenched. The occupation of this position meant much to both sides and resulted in the most tremendous fighting of the war, during which our losses were terrible. The enemy made deadly attacks upon us, and, having the advantage of position, proved difficult to hold, but hold them we did.

Ever shall I have before me the little belt of wood which we held during those momentous and vital days, in one corner of which 200 officers and men of my regiment were buried, and the ground between the opposing forces—covered with dead and dying men of both sides—a pathetic picture calling to Heaven for vengeance upon those who were responsible for bringing the Great War about.

Possibly I remember such things more vividly than most, having lost my sight shortly afterwards. For I expect that most sighted men who fought through the Great War have had so many other scenes before their eyes since then that those they witnessed in the Great War have faded largely from memory, and therefore it may be of some interest to recall something of all this to mind.

We had left England early in August '14, and it was less than a month later that we found our strength



reduced from nearly 30 officers and over 1,000 men to 6 officers and 200 men—all that were left of the original battalion who had left England so full of hope such a short time before.

Fortunately now our first relief arrived, and, after a brief rest from the line, we were again thrown into the battle in the area of Pirne, following which came the steady advances from Neuve Chapelle to the Auber Ridge at Lille.

It was about this time that, Antwerp having fallen, large bodies of the German Army made a drive to reach and occupy the coastal ports, which called for strenuous fighting on our part, in all of which my battalion was heavily engaged.

Up to now, by Divine Providence, I had come through unscathed—where the majority of my brother officers had been killed or wounded. It had never worried me, for the casualties had been so enormous that it seemed inevitable that sooner or later one would be killed and, like the majority of my brother officers, I expected this as part of the price to be paid for participation in such historic events.

After having survived some of the heaviest fighting, which had practically decimated the whole of my brigade, it seemed for some inscrutable reason that my life was to be spared. As an indication of the things which helped to produce this feeling, I had once been called upon to attack with my company five lines of German trenches without cover of any sort whatever and under a withering fire, both of machine guns and rifle fire, the whole time. It was an impossible and suicidal effort, brought about by one who shall be nameless, but who should have known better, and resulted—as was natural—in practically every officer, except myself, and almost every man being killed or wounded. Yet, when the time came that I was ordered to retire with the few survivors, I found myself absolutely untouched, although the bullets the whole of this while had sprayed about me like hail in a storm. I

recite this only to show what wonderful things occur in war, always remembering that many thousands of splendid soldiers were killed in their first battle, some indeed within the first ten minutes of reaching the firing line. Neither do I wish to take any credit upon myself for such survival, for what things attributed to my personal safety, apart from the aid of Providence, were those observances which had been so drilled into me during my training that, I might almost say without exaggeration, I mechanically obeyed these rules in the heat of battle—a little more frightened of them than of the enemy's bullets ! Comic as it may seem to read this, it is a fact well known to every professional soldier that good pre-war training enables one to carry on in the heat of battle almost unconsciously observing the precepts which one has been compelled to observe on the training-grounds of peace time. One of the precepts which had been impressed upon me had been : “ You must stick it.”

Not a bad motto for all to observe, for it was to be the one which, so shortly after this, was to bridge the gap that has led me to such complete happiness—a gap during which, at times, I was to be tempted even to self-destruction.

Shortly after dawn on October 26th, 1914, I raised my head above the cover, as was my wont, in order to make a survey of the ground in front and to familiarise myself with the vital points requiring protection.

It was to be my last sight of things on earth, and, as such, still vividly imprinted on my memory is that patch of ground in front, covered with the bodies of the dead, lying in grotesque and pathetic attitudes. That ridge of trees in front silhouetted against the morning sky. Then came a terrific blow on my head, which turned things to blackest night and left me still standing up. So totally unexpected was this sniper's bullet which had entered the left temple and, passing behind both my eyes, emerged from the right temple—severing the optic nerve—that the suddenness of the shock made me think that someone



PLATE I.--THE AUTHOR ON BOARD HIS YACHT, *Gracie II.*

[To face p. 8.]





behind me had hit me over the head with the butt end of a rifle. Indeed, so strong was this impression that I remember feeling extremely indignant and shouting out to know who had done it. But for sympathetic hands pulling me down into the trench below, I should most certainly have received a second bullet through the brain.

Fortunately, the agonising pain which rapidly followed was such as to render me unconscious, and gallant men, taking terrific chances, eventually succeeded in getting me back into the cellar of a cottage not far behind the firing line. Here, when I returned to partial consciousness, I found myself lying on a stretcher next to Vivian Rea, who had also served with me at the Queen's University Officers' Training Corps and who, poor gallant fellow, was suffering greatly from a bullet through the stomach. No morphia being available, it may be imagined with what feelings I listened to the sounds about me until unconsciousness returned and I awoke to find myself in London.

But during that brief interim in that foul, gloomy cellar there were moments in my extreme agony—although, fortunately, I was then unconscious of the fact that I had been rendered blind for life—when I felt that a shot from my revolver would best solve a perplexing problem, for there was considerable doubt whether I could ever be evacuated from the cellar and I felt that I was but a burden to those who might sacrifice the pleasure of liberty were I to remain alive.

When I woke up in that hospital in London and realised that I was blind for life, it was a most terrible blow, and the more I tried unsuccessfully to pierce the darkness that now involved me the more hopeless did it seem to become, until I felt that the world could offer nothing more to me, and I bitterly regretted not having had the great fortune to be one of those many whom I had seen meet their death by a merciful bullet. And since then I have often wondered how many who go about

to-day, whether useful or foolish people, appreciate that greatest of all God's blessings, EYESIGHT ?

It was then that I was to have the good fortune of meeting those two great champions of the blind—Sir Beech Towse, who had been blinded and won his V.C. in South Africa, and that splendid character, Sir Arthur Pearson, Bart. Both these kindly gentlemen came to see me in November, 1914, and did their best to make it clear that it was possible to fill life again with a keen zest, providing that I would start again and compel myself to accept this bitter blow with absolute resignation.

Since then everything they said has come true, for, by following out their advice, I have not only proved that life can again be made worth living, but to-day I am able to say quite honestly that I have far greater happiness and joy in living than I ever thought possible in those years when I possessed my eyesight. It is for this reason that I actually dislike being sympathised with, for there is something humiliating in being talked to as if one were a useless person, especially by some who—if they only knew it—live such half fit and half fool lives that I actually feel sorry for them myself, although they do possess their sight.

As proof of this, since those days and particularly during the past two years, I have had many opportunities of meeting some of my former comrades of those exciting days of the Great War, many of whom are now distinguished men in their various professions, and I am amazed to find that in most cases, although actually of equal age to myself, I find myself ten years younger both in appearance and physique, if those who compare us are to be believed. At any rate, I am astounded to find that a large majority of them are bald-headed and possess a middle-age spread, whilst I have not lost a single hair and my tailor's measurements remain as they were in 1914.

That this is so I put down to two main reasons—one, that on taking up manipulative work in hospital I was

led to an energetic and healthy profession, and secondly, that when, in 1921, I had the good luck to discover the value of osteopathy I learnt to relax my contracted muscles and to adjust my balance and to tone up the nervous system and digestion. Although this took me six months to do, the results were so astonishing that I have never since ceased to consider osteopathic treatment as the one best calculated to preserve the physique and the figure.

For example, following this I was to win two cups at the Bath Club for swimming, although in the days when I had my sight I had never entered for a swimming race in my life ; while running on the track as a blind man I find that I am much faster and can stay much longer than I could when I was half my present age. In fact, as a former keen rugger player, how I wish that I could have known something about osteopathy when I played that wonderful game in the past.

Perhaps I may be described as "ambitious," but finding that I could win a swimming race, I next ascertained that no blind man had ever won the Bronze Medal for life-saving, and determined to try for this. Although I was now forty-four years of age, and had not swum any races for some years, I started to train for it, and eventually passed with 75 per cent. marks. This encouraged me so much that three weeks later I was fortunate enough to take the Order of Merit. In this latter test one has to swim twenty-four lengths of the baths in one's clothes, employing three different strokes. Then, after doing two different methods of rescue, one has to take one's clothes off in the water without touching any support and without resting, dive to the bottom and find and bring up a brick, all of which—as may be imagined—even to a man possessing his sight, takes a little stamina. But that I succeeded in doing this, blind as I am, is surely proof of my assertion that there is something to be gained by osteopathy, of which most people possessing their sight should take advantage.

In the same year I found that my sixth sense or sense of visualisation had so much improved that I was able to run the whole length of the rugger ground and throw the ball to my trainer, travelling the whole time as full out as I did in the old days. And I still enjoy to the full boxing, riding, ski-ing and yachting, so, though blindness was at first something too awful to contemplate, after suffering from it for five years I discovered that the brain had had sufficient time to become adjusted. Once this had happened, there were so many interesting things offering themselves in life that one marvelled that any blind man could endure sympathetic retirement, however much resting on his laurels, and be incapable of appreciating that life could be lived to the full quite as happily as in the days before the sight had gone.

On looking back, however, I can see that the blind are sometimes misunderstood, especially by those sighted people whom they meet when starting to engage in useful work. Probably the most dreadful bugbear to a blind man is that depressive and stupid remark : " You cannot do this." At any rate, I found this very difficult to understand and to bear, and how well I remember my appreciation and gratitude when one of greater vision, either man or woman, said to me : " Well, let's try and see what you can make of it."

I have received so much kindness from all with whom I have been brought in touch that I am not criticising anyone in particular, but I do feel, now that I have been blind for half my life, that very few can realise—whether sighted or blind, and however much they are anxious to help—that it must take at least five years for a man suddenly deprived of his eyesight and suffering from the results of his wounds to regain his grip upon life, his full mentality and his consciousness, and that he can still be of value in the world. Blindness is a great lesson, and in many cases—in mine especially—it proves a wonderful blessing, for it leads one to appreciate to the full the glory of life, the wonders of civilisation, and the great kindness



PLATE 2.—THE AUTHOR BEING MADE A FREEMAN OF THE BASKETMAKERS' COMPANY.





of our fellow-creatures. Furthermore, it gives one a desire for knowledge and the will to learn, and thus, with complete faith in God's all-wise Providence, a blind man can find in life ever so much more than he ever thought possible, however astonishing this may sound.

If this book is written for anyone in particular, it is for the mother, the child and the growing youth, because, in my vast experience of treating cases in hospitals, clinics and in private practice, I have come across so many mothers especially who have suffered for many years from minor ills which could have been put right by osteopathy. Not once, but many, many times, have I succeeded in one or two treatments in completely curing a condition of pain which has existed and been suffered for years, until association with such remedial conditions has made it seem a positive duty to me to point out the necessity for realising that such suffering is entirely unnecessary.

This experience also has compelled me to realise how much boys and girls of public schools and colleges can benefit from this science, for it is in this growing period of adolescence that so many minor malformations or faulty adjustments commence which, undetected and untreated in consequence, later cause serious disturbance of the bodily functions, with resultant ill-health, lack of confidence, faulty circulation, indifferent digestion, sluggishness, dullness of intellect, and, in fact, conditions constituting a severe brake on the wheel of life.

Of one fact I am perfectly sure, that if osteopathy were as well known in England as it is in America—the country whose people go annually to the osteopath for treatment, not to cure conditions, but to prevent them—it would be of immense advantage to both the youth and adult of the British nation, for its whole object is so to adjust the human frame and maintain it in good working order that all the bodily functions are enabled to proceed normally, and if similar conditions obtained here we should most certainly possess a greater and finer manpower in the future, and a healthier and stronger race.

## CHAPTER I

### CHILDBIRTH AND OSTEOPATHY

It is a disturbing and very distressing fact that, in spite of the great progress made in the past few generations in medicine and surgery, and in our scientific knowledge generally, the proportion of mothers dying annually in childbirth is, if anything, slightly increasing rather than decreasing.

The Chief Medical Officer of Health in his Annual Report for the year 1931 emphasised this in the following paragraph :

“ Since the beginning of the present century the general death-rate has been reduced by one-third, the tuberculosis mortality by one-third, and the infant mortality by more than one-half. But maternal mortality has remained stationary.”

In this respect England compares unfavourably with other countries, such as Denmark and the Netherlands. The figures seem to show that in this country at least we have not been able to apply our knowledge to the problems which have resulted from the changes brought about by civilisation in our manner of life.

In such circumstances it seems only reasonable to take advantage of constructive suggestions which may do something to reduce the possibility of avoidable tragedy. Osteopaths are well aware of the urgency of this problem. They have tackled it successfully in many individual cases both in this country and in the United States and Canada, where they practise far more extensively.

I shall try to show, in this chapter, how the resources of traditional medicine and surgery can be usefully supplemented in the attempts which are being made to



meet this serious situation, by the co-operation of osteopathy.

Examine the causes of deaths in childbirth, and you will find that they are usually fairly evenly divided between those due to sepsis of some kind and those due to other causes. (Some authorities give the proportions as  $\frac{2}{5}$  or 40 per cent. sepsis and  $\frac{3}{5}$  or 60 per cent. other causes.) The "other causes" include a large number of conditions consequent on some physical abnormality or displacement, but, in addition, a great proportion of cases of sepsis follow on "difficult" or abnormal labour caused by complications which are themselves due to similar physical irregularities.

Now, as osteopaths, we have a very wide experience in the detection and correction of these particular troubles, which frequently yield to a comparatively short course of treatment. Such treatment can, moreover, be given quite safely during pregnancy, though it is, of course, more satisfactory in every way if it is possible to give it before pregnancy occurs.

So far we have been considering cases in which actual death has resulted from childbirth. But this is not the whole of the story. For it is known that childbirth is far too often followed by more or less permanent ill-health or invalidism—a fact which should be regarded quite as seriously as the death-rate itself. This ill-health can in very many cases be prevented by proper ante-natal care and by treatment after childbirth. In the United States and in Canada the osteopath, working with the physician, gives the necessary treatment in suitable cases, with excellent results. It is not suggested that he can take the place of the medical man or obstetrician; that is not his job; but when the two can work together harmoniously it is very often possible to prevent needless complications of what should, after all, be a perfectly simple process.

In the United States and in Canada the Science of Osteopathy is duly registered, and the degree to be

obtained for Osteopathy is equal in status to those obtainable for Medicine and for Surgery. Special hospitals are maintained for the practice of osteopathy, and public knowledge of and confidence in the results of osteopathic treatment are naturally greater than they are at present in this country. This is all to the benefit of the woman, who is able to consult the osteopath as easily and naturally as she consults the dentist, and I hope that the time will not long be delayed when a similar attitude will be common here.

I have dealt in another chapter with the treatment of girl children, but only too frequently the troubles of childhood, uncorrected, continue into womanhood, causing long, unnecessarily painful and dangerous labour and serious after-effects. I should like every girl, or woman, who is about to be married to consult an osteopath. I am sure that it is really necessary, both for her own sake and that of her future husband and the community at large, to ascertain the position of the pelvic bones, with relation to each other and to the lower part of the spine. If the lower part of the spine and the pelvis are not in the normal alignment the trouble should most certainly be corrected before there is a possibility of pregnancy.

Often I have found that, although the patient may not have felt any pain, and although there is no noticeable abnormality, the left innominate bone of the pelvis is rotated forwards and downwards, whilst the right one is tilted backwards and upwards. Youth with its natural and attendant vigour and elasticity has prevented the patient from feeling any real discomfort such as would be sufficient to make her consult a physician or surgeon. Yet these slight misplacements may be quite enough to account for an unexpectedly troublesome pregnancy and confinement. The misplacement of the left innominate bone, for example, might quite easily make delivery of the child difficult and dangerous both to mother and baby.

If, on the other hand, the prospective bride would

consult an osteopath before her marriage, she could always rest assured that where any slight mal-adjustment or lesion had existed, everything had been set right in good time. Surely it will be agreed that such a step is wisdom on her part, in view of the vital issues at stake.

The osteopath can give equally valuable help if consulted at regular intervals during pregnancy. The importance of regular visits must be emphasised, because some conditions leading to trouble later on can best be put right at certain definite stages of pregnancy.

Most of the tiresome symptoms from which many women suffer during pregnancy can be modified or cured by osteopathic treatment with great benefit to the mother's general health. It is most important to remember that everything possible should be done during this time to keep up the mother's general fitness. A history of poor health, tiredness, persistent constipation and excessive morning sickness is too often followed by death from exhaustion during prolonged labour. The purpose of ante-natal care is, firstly, to take the pregnant woman through her pregnancy with the least possible disturbance to her general health and, secondly, to prepare her for labour in such a way that she may go through it as easily and safely as possible.

In this work the nervous system plays an important part. It is not generally realised that osteopathy is an extremely successful method of treating the nervous system. From this point of view alone, it can be of great value to the pregnant woman. The toning up of the nervous system is effected by manipulation of the spine, and many of what are sometimes regarded as the inevitable troubles of pregnancy are thereby banished.

Similarly, the osteopath can do much to help the mother in the weeks following childbirth. Even the most normal labour imposes great strain on the mother's whole system, more particularly of course on the pelvis and the abdominal organs.

It is only too common to find mothers who, five or

six years or more after the birth of a child, have not regained their normal health and vigour. They suffer from recurrent headaches, indigestion, pain in the small of the back ; eye trouble is another common complaint, and in many cases the period of menstruation is irregular. On examination the trouble is often revealed as misplacement of the pelvis, with the condition of viscera optosis, that is, the abdominal organs have dropped forward and the uterus has also prolapsed. With this condition the position of the dorsal lumbar curve of the spine is projected forward, often causing great hypertension in the nerves of the lower part of the spine. Is it then surprising that the patient has headaches and complains of pains in the small of the back ?

Quite frequently in such a case it is necessary to make certain that the arches of the feet have not collapsed. Merely lying in bed during the period of childbirth and afterwards can be responsible for weakness in the muscles of the feet, which has a greater effect on the whole body than is generally realised.

Secondly, weakness in the abdominal wall and lack of tone in the central nervous system will mean that the brain will not have good circulation or adequate drainage. It is hardly possible for any one part of the body to be out of order without affecting the rest of the system. It is on this principle that the whole science of osteopathy is founded.

I have always found that cases of the kind just described respond very quickly and successfully to osteopathic treatment. As the spine and the pelvis are manipulated into their normal alignment, the abdominal organs also resume their correct places. The nerve tension is consequently relaxed and the blood flows normally ; the circulation to the spine and to the back generally is stimulated. The result is that headaches cease, flatulence and constipation also come to an end and there is no more pain in the small of the back.

Moreover, in the majority of cases the course of treat-

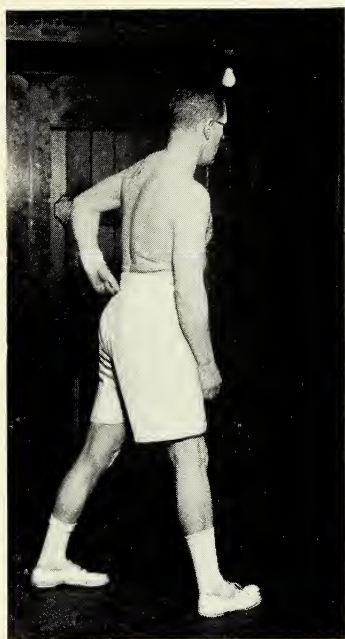


PLATE 3.—THE SACRO-ILIAC JOINT  
WHICH, IN THE WOMAN, IS APT TO  
BE STRAINED AT CHILDBIRTH.





ment required is not long, and afterwards the patient continues to improve without any further attention ; once the structure is adjusted and the nerves, glands and blood are enabled to function without hindrance, Nature will accomplish the rest.

At this point I should like to refer also to the nervous and mental troubles which are not uncommon among women at the approach of the menopause or change of life. At such time severe headaches can be very distressing, and together with other symptoms may cause real misery. Sometimes, indeed, certain secondary symptoms are present for which nerve tonics, rest and other cures are ordered. Such measures may involve expensive nursing, change of air and so on, which patients, in these days of financial depression, find it difficult and often impossible to afford.

Those women in this condition who are fortunate enough to be able to avail themselves of restful periods in the rush of everyday life, and who, in addition, are surrounded by comfort and treated with consideration and attention by those around them, can perhaps imagine what such a condition of health must mean to those poor and luckless patients of mine in the East End of London ! They also visit me in a state of physical and mental misery, but for them there is, I regret to say, little of the rest and comfort which can do much to mitigate the difficulties of this time of life. They are compelled to work for their living, often under the most strenuous and depressing conditions.

Osteopathy offers help at this time in the form of manipulation of the spine, especially the vasomotor nerves, with the object of toning up the whole nervous system and ensuring the balance of the blood. In this way it is possible to relieve the congestion in the ovarian-uterine circulation and to ease the pressure to the blood vessels in the head. In fact, in these cases, the method of adjustment by osteopathy yields excellent results, for, by assisting Nature to retain the normal functions of the



blood and the nervous system, the rest of the metabolism is comparatively easily set right.

I should like now to give a few examples of actual cases which I have treated successfully, and which will illustrate what I have said above.

In one case a woman came to me who was about to be married at the age of thirty-six. As it happened, she had the wisdom to come to see me—as an osteopath—three weeks before her marriage. It was, indeed, very fortunate that she had decided on such a course, as, upon examination, I found it necessary to adjust her pelvis and relax and tone up her nervous system in the lower part of the spine, where great tension existed owing to the pelvic bone being tilted. Perfectly adjusted, she then married and soon became pregnant. During the second week of pregnancy, she visited me for treatment, which I continued to give her twice a week up to the seventh month. This maintained the nerve-centre in a normal condition, the bowels functioned regularly without medicine and the patient suffered no sickness. When the birth occurred it was so easy and so free from any complication whatsoever that the doctor remarked upon its excellence.

As soon as the mother was allowed to leave the house, she came to my consulting-rooms and I made what adjustment was necessary to the pelvis and the lower part of the spine. This was done whilst she was still feeding her baby, and it had the happy effect of letting her rapidly regain her health and normal vitality.

Such a case is an object-lesson in view of the number of women who, facing pregnancy and childbirth without the assistance which osteopathy can give them, spend many weary months in regaining their usual state of health. Why? Because, if the basin of the spine—which is the point of the centre of gravity of the body—is out of position, Nature herself is working against great difficulties; remove these difficulties and Nature will do the rest.

I have actually had cases where, for the delivery of the first baby, a Cæsarian operation was found necessary. And yet, when the arrival of the second child was imminent osteopathic treatment resulted in the child being born in a perfectly normal way and without attendant complications of any kind.

It is perhaps necessary to remind many people who have watched osteopathic treatment and have thought it somewhat violent that it is in fact just the reverse. In any case, the osteopath, of course, adapts his methods to the condition and needs of the particular patient under treatment.

Another type of case which came to me and which will be of interest to many readers is one of mental derangement following the birth of a child.

A mother, aged twenty-five, was very much upset two days before the birth of her child by the sudden death of her father. This shock so completely disturbed her mental balance that her husband and relations discovered to their great consternation and grief that, although she appeared well and the child was in splendid health, she did not recognise her own baby or any of her own people. In fact, she would not even speak to them, but simply sat gazing in front of her all day.

After many ineffective efforts to restore her to reason, it became so impossible to keep her at home that she was placed in a private sanatorium for this type of mental case and a magistrate's certificate was perforce applied for. There was one physical symptom definitely wrong in her condition. Menstruation had not returned since the birth of the child. Incidentally, since the poor woman could only lie about and was able to take very little exercise, she soon became very fat.

In their trouble the relations appealed to me to see if I could do anything to help. I went down to the sanatorium and saw her and was successful in bringing about the return of menstruation. She was then allowed to come to London, attended by a nurse, and I continued

to deal with her case. After six weeks of osteopathic treatment, she became perfectly normal once more and was discharged from the sanatorium as cured. Since then, she has been living happily and in good health in her own home.

The whole essence of my treatment in this case was to adjust the pelvis and the position of the abdominal organs, while at the same time toning up the vasomotor nerves controlling the arteries. I worked hard on the upper five ribs, in order to increase the blood supply to the brain in every way possible. I also did my best to stimulate the gland centres. It was literally one of the happiest moments of my life when I knew that the Science of Osteopathy, to which I had been led through the medium of a bullet and consequent blindness, had endowed me with the means of restoring the complete normal mentality of this refined and intelligent girl.

Another lady who came to me had suffered from a pain at the base of the spine ever since the birth of her child, about three years before. Having tried all the obvious methods of alleviating or curing the trouble without any improvement, she had finally been recommended to take a rest cure, and was told that she was suffering from a nervous breakdown.

As a person of strong character, she was determined not to give up without further efforts, and came to see me. On examining her I found that she had the innominate bone and also the coccyx both out of position, with consequent irritation of the ganglion in the rectum. The treatment required was very simple, and the condition was cured after three visits.

Another case that was brought to me was one of threatened paralysis. This woman was forty years of age when she was carried in to consult me. She had had four children and had become paralysed in both legs after the birth of the last child. For five years she had had orthodox treatment, including massage, electricity, medicine, etc., but with no success ; she was still unable

to walk, her limbs were very much swollen and the abdominal cavity was enlarged. I began by adjusting the spine, and in less than three months she was able to go about in the house with the aid of a stick, and her whole general condition had improved. Now, after twelve months, she has been able to resume her normal life and run her own house, continuing in good health.

I often wonder how many cases like this there are in the country, of women who, for lack of adjustment, have to put up with the dreadful existence of an invalid.

Nature never intended childbearing to be the long, painful and often dangerous process into which it has gradually developed through the long era of our so-called "civilisation." Further, it should never be necessary for mothers to suffer as they often do for so long a period afterwards. Savages, for example, on a minor march in the wilds of Africa, drop behind a bush and rejoin the column later on during the same day, bearing in their arms the baby which has been born in the interim. The very next day, they proceed just as though nothing had happened. In the East End of London it is no uncommon thing to find poor mothers only daring to be absent from their work for a few days at the most.

In the first case, ease at childbirth was due mainly to natural rude health, combined with much physical exercise, fresh air, and the fact that natives exist solely on pure foods provided by Nature, in addition to the purity of race, which prevents the physical difficulties created by generations of marriages between different racial types. Activity and exercise so soon after labour is, in this case, rarely followed by ill-effects.

In the second case, although in some cases this is also due to a better physical condition, obtained by enforced exercise, I am afraid that only too often the overburdened mother has been forced by sheer necessity to return to her many duties, both as housewife and breadwinner, long before she is really fitted to do so. The result is frequently much suffering and ill-health in later life.

Women, rich or poor, living in civilised countries are forced to lead such artificial lives that misplacements and mal-adjustments quite easily occur. Where troubles take place in connection with childbearing, they are due in a large percentage of cases to the fact that such mal-adjustments have not been corrected. If left uncorrected, it is quite natural that unforeseen trouble should complicate the situation before, during and after childbirth. Up to the present time, nothing has succeeded in effecting the necessary correction so painlessly and completely as osteopathy has done. I have written this chapter, therefore, in the hope that it may do something to persuade the public that much suffering, trouble and expense, not to mention tragic and unnecessary death, might be spared by seeking the advice and help of a fully qualified and skilled osteopath.



## CHAPTER II

### THE GIRL CHILD

THOUGH baby girls are easier to rear than boys, yet, on account of the more highly sensitive nervous system they possess, it will be found that when quite little tots of about two to five years of age they are more apt to suffer from what at first appear to be paroxysms of temper. These attacks should not be ignored, for they are apt to affect digestion and general well-being if the cause is not found and proper treatment given. Unfortunately, this is not always understood, and sometimes such fits of anger or of hysterical temper are punished. Naturally, this only makes the child worse, for there is a real pathological reason for this irritability—just as a volcano erupts when the pressure becomes too great. In such an event there is nothing which will so strengthen and help the nervous system of a small child of this age as osteopathic treatment. I have no hesitation in stating this, for I can number the cases by hundreds in which fractious children have been placed in my care and have responded in almost incredible fashion after a few short treatments which the child has looked forward to and enjoyed—once that bogey “fright” at entering a strange place has been routed.

My experience has been in such cases that, within five minutes of treating the spine, there is no further difficulty in continuing the treatment, for the manipulation has such a soothing effect on the nerve centres that the child becomes relaxed and loses all sense of fear and discomfort.

In this connection the following case is of interest. A little girl about three years old was brought to me. Her

mother was elderly, and the child was very highly strung. I found that the arches of both feet were very weak, and her parents were worried about her legs. She was manipulated, and a short time afterwards her mother wrote : " We think her legs are improving, and her restlessness and screaming fits are marvellously better—in fact, she has not had a night-scream from the day of your manipulation, and we had been having them up to that day. It seems rather miraculous if that treatment did stop them immediately."

I have learned, however, that comparatively few adults realise that it is quite possible for children of this tender age to have displacements which are likely to cause serious trouble in childhood's days and in later life if not adjusted.

It is actually an erroneous belief that children are born perfect. It is true that they *ought* to be, but after some years in practice one soon has proof that this is not an absolute fact in all cases. So many things can happen at the birth of a child, necessitating recourse to so many different expedients on account, perhaps, of difficulty in the delivery of the child or some abnormal condition which arises at the time.

Then there is the ever-present danger of improper handling by amateur nurses, and the possibility of little slips and falls when a baby first begins to walk. Such accidents are so frequent that it is all-important that she should be examined by one specially trained in mechanics and balance, namely, a qualified osteopath, who is easily able to detect any minor displacement and to slip back the joints concerned into their normal positions without the baby experiencing any pain, while yet too young to be conscious of what is happening.

Of the many cases of this sort which I have treated, I remember one—a baby girl of eighteen months—who was brought to me suffering from very flat feet. I corrected these and put them perfectly right while the mite lay on her Nanny's knee and laughed and gurgled, thinking it



was all a kind of game, and that I was pulling her toes for fun ! Had this baby been allowed to grow up with this abnormality still present, the balance of the whole spine would have been affected, and many ills would have resulted therefrom. How inexcusably foolish would her parents have been to have let this condition continue, knowing how the prettiest girl's attractions are handicapped by ungainly walking, and how much disability this adjustment saves when performed at an early age, for what can be done with the feet can also be accomplished with the spine at such a plastic period of life.

Furthermore, it is unquestionable that, were such care taken in early life, many thousands of cases would be saved painful operations later on. Another little girl was brought to me because she was standing very badly and her feet troubled her. She came to me four times, and I adjusted and balanced her up, and as a result of that short treatment her whole bearing and health generally have greatly improved. Her mother wrote to me shortly afterwards : " Neither my husband nor I can find words to express our delight at the alteration in her appearance and bearing. She carries herself beautifully, with all trace of a slouch gone."

Next I quote the case of a baby girl of three years of age who entered my treatment room with the middle joint of her thumb dislocated. This condition had been permitted to remain for some weeks by the local doctor, with the result that thickening about the joint had accrued to such a degree that the child was unable to use her thumb. Surgical treatment had been advised, and, indeed, a bed had been secured in a private hospital. But, in the meantime, a patient who had been cured by me recommended the parents to bring the child to see me. After a brief examination, I was able to reassure the devoted and much worried parents that the matter could be remedied without a surgical operation, and, aided by an anæsthetist who administered a slight " whiff " of gas, I was able to replace the joint into its

normal alignment while, at the same time, loosening all the deposits which had accumulated there.

Three days later the child was brought to me again, and when the splint was removed she ran across the room, and—much to our amazement and to her mother's joy!—seized one of the brushes off the dressing table with what had been for some considerable time a useless hand. The cure proved so perfect that I did not require to see the little patient again.

I had a similar case with a baby girl who had dislocated the end joint of the thumb. This had remained uncorrected for over twelve months before she was brought to me. I was able to treat her successfully under gas, and there was no further trouble.

An older boy was brought to me about five weeks after an accident. He had fallen off his bicycle and was taken to the hospital with a broken finger and twisted hand and wrist. The nurse washed it, and the doctor advised leaving it entirely alone, and did not touch it. Two weeks later the boy's mother, who had been worrying about the condition of the boy's hand, asked for it to be X-rayed. He was operated on, following the X-ray examination, but the finger was still bent down. It was left in bandages for several days and a straight splint was then put on down the hand, and later a splint was also put across the palm. Later on, the hand was operated on again. The fist was then bound up with the fingers closed into the hand. Another X-ray examination followed. By this time the boy could not use his hand at all, and the doctors said that he would have to have his finger taken off. Being recommended to come to me, however, the mother decided to do so before agreeing to an operation. I was able to save the finger and restore the use of the hand in one manipulation.

These are but solitary cases out of hundreds of a similar nature.

In the case described above, how much better did these three minutes of manipulation prove, without pain either

at the time or afterwards, than a surgical operation which would not only have proved far more expensive, but which would have necessitated the child remaining in hospital for some time ?

Quite a different kind of case was that of a child aged five who had, during the previous year, caused great anxiety to her parents by sleeping badly and having frequent spasms of crying, as a result of which her general health had become bad and was growing steadily worse. Everything had been done by the parents that had been advised by several doctors and specialists who had been consulted, not only as regards treatment, but also in the child being taken away for a change of air. No good results, however, were noticed, and do whatever they would, or go wherever they could, the child's digestion continued to be very poor, and the condition of general nervous irritability grew worse. One specialist's opinion upon this child was that she was verging on diabetes, while other opinions were so varied in character that it was difficult to determine from the reports I received as to what the diagnosis actually was. This poor little girl was brought to me, and in the course of conversation I found her most intelligent, but an examination revealed that her stomach and bowels were dropped, and that the pelvic basin, including the lower part of the spine, was out of alignment. This was quite enough, in my opinion, to create the symptoms from which she had been suffering, for both indigestion and bad temper must result from the weakening and irritability of the nervous system caused by such a misplacement. In such conditions the stomach and bowels suffer from an inadequate blood supply and drainage, and are, therefore, unable to function normally, whilst food was not being properly assimilated, nor the waste products of the body being eliminated as is essential to preserve normal health. The vitality of the body was, consequently, suffering severely.

If digestion is not normal, and if there is retention within one's system of certain poisonous matter, which is

undoubtedly the cause of much ill-temper and depression, it must logically follow that neither child nor adult can be fit and happy.

My diagnosis in the case under discussion proved perfectly correct, and after the first treatment the child slept better than she had done for many weeks, and at the end of a month was completely cured. The method I applied was to adjust the lower part of the spine until I was able to get the stomach and bowels into normal alignment, or position, with the result that, as I freed the nerves from the strain and pressure from which they had been suffering, they began to function naturally once again, the normal blood supply and drainage of the organs was re-established, and the whole metabolism of the body was brought to normal. Irritation to the nerves being removed, the digestion immediately began to function properly; the bowels acted regularly and perfectly, and the child rapidly put on weight, lost all sign of ill-temper, had a healthy colour in place of the pallid, sickly colour described to me when she was first brought to my consulting rooms, and slept well.

It can never be too strongly emphasised that the organs of the body depend upon the nerve supplies which come from the spine, as it is the nerves which make the glands function, and which increase or decrease the blood supply. A moment's thought must show that, when an organ is misplaced in a body which has only just sufficient room for all it must contain, this must re-act upon the blood supply and drainage, with the result that stasis and congestion are caused and harm assuredly ensues.

In many instances of children of tender age I have found local treatment of little use, for their nervous system requires correct adjustment in order to enable Nature to function by ensuring free circulation of the blood through the body and a normal nerve supply to the different organs.

This is particularly the case in children who have had rickets. When the bones begin to strengthen again, this

form of manipulative treatment is invaluable, and by toning up the circulation in every part of the body the nerve centres in the spine are strengthened. Once this is done, one obtains nerve vitality, enabling the organs to function with increased power and vigour, when the blood gradually becomes purer and stronger, and the glands more active.

In the great art of healing, experience plays a paramount rôle in the solution of its many problems, and I am seldom called upon to treat a case to-day of which I have not seen a dozen replicas. This is of wonderful value, not only because it enables me to judge the correct treatment necessary, but also to prescribe the right food essential to supply the salts necessary for the fortification and building-up of the bones of the body.

The next case I shall quote was that of a child of five years of age who was brought to England from abroad, suffering from rickets affecting the ribs, the wrists and the legs. This poor little girl experienced such difficulty in walking that she had to be firmly held all the time, and, even then, had great difficulty in holding up her back. She had been taken to a specialist who had advised putting her legs into plaster-of-Paris for six months, such a terrible affliction for a small child that the parents hesitated to follow his advice, as she was otherwise healthy and full of vitality.

An osteopath's very best advertisement is, perhaps, that given by "word of mouth" from those whom he has previously succeeded in curing, and, having heard of the satisfactory result I had achieved in another case, the child's parents brought her to me. An examination revealed that the lower part of her back was out of position, and, the pelvis being misplaced, the whole balance of the body was upset, making it impossible for the child to balance properly and interfering with the nerve and blood supply to the muscles of the legs.

I have no hesitation in saying that, had this child not been brought for treatment and had she been allowed to



grow up in this condition, she must have become a deformed cripple for life. Yet, within seven days of the adjustment of the pelvis, the parents found to their great joy that their daughter was able to walk and run by herself, and in a month the cure was so complete that they were able to take her to the sea, where she lived a normal life like other children, her legs now strong and straight and her little body perfectly balanced.

After lengthy practice, I consider it a great mistake with children to put such limbs in splints, and so lower the general vitality and metabolism, instead of adjusting the structure into its normal alignment, and thus enabling the blood to act and Nature to function normally. For, by balancing the whole mechanism of the body, the correct mental and nervous tone of the patient can in turn be re-established ; and when dealing with small children, especially those who are unable to understand exactly what is happening, it is all-important that treatment should be given without worrying their impressionable minds.

If I dedicate this chapter to baby girls and children, I do so because so much depends upon healthy womanhood—indeed, the very future of the race—and because many of the small children who have passed through my hands have been suffering from imperfections which were probably caused by the fact that their mothers were, to a certain degree, imperfect in structure at their birth.

The correct alignment of a woman and the normal functioning of her organs is all-important in childbearing, and to allow small baby girls to grow up into womanhood suffering from minor displacements which must become major unless treated would be a sad pity. Yet ignorance of osteopathy being what it is, there is unquestionably a large percentage of girl children requiring such treatment who will probably never receive it.

Unfortunately, space forbids my dealing with any further cases of baby girls and children, but I must add that the ease and simplicity with which they can be

restored to normal health is almost incredible. It is this very fact which makes it so lamentable that sometimes they are allowed to drift along from bad to worse until they reach that condition in adult life which can best be described as "acute misery," which, in turn, very often gives place to neurasthenia.

A young married woman, for instance, who came to me at the age of twenty-five with feet so painful that she could not walk more than half a mile without pain, had suffered in this way for more than ten years. When I examined her I found that the transverse arches had dropped, and the joints were enlarged through rheumatism. Also the base of the back and the pelvis were out of position. I manipulated and corrected the muscles and arches of the feet and the base of the back under a slight anæsthesia, and I was able to cure her completely. The patient was most surprised to find that she had no pain after the manipulation, as she wrote in her letter to me : " I am delighted to tell you that my feet are the greatest possible success ! They were done by you in the spring, and have shown no signs of contracting again. It was the most wonderful cure, and it is impossible to convey adequately to you my very real gratitude and thanks."

Now there is nothing magical in the method by which osteopathy cures such conditions. It is a purely natural form of treatment, existing for one sole object : namely, to restore the body to a perfect alignment and condition of health when, through accident or neglect, it has become out of gear and insufficiently lubricated.

Nature never intended little baby girls to have dropped stomachs, slack feet, soft bones and crooked spines and limbs. That these conditions occur so often is but a poor reflection on the state of the civilisation in which we are doomed to live. If it is really necessary for a human being to lose appendix, teeth, tonsils, and to perform long and expensive rest cures, or take special courses of treatment, etc., to "cure" their constipation by purgatives, to secure sleep by means of drugs, then mankind cer-



tainly has no right to claim to be the "highest form of life."

Inwardly we know that this is not the case, and that—as with the savage or the animal—bad health should be very much the exception and not the rule.

Medical and surgical science has done much to improve the lot of mankind, but osteopathy makes a claim to remedy and cure conditions without operations or medicine in many cases which have hitherto proved unresponsive to any other form of treatment.

One has only to go to China to observe how free the average healthy child is from ill-temper, for there you will see—strapped on the backs of young women—babies of tender age who contentedly sleep and seldom, if ever, cry, except when they need to be fed. This is because their parents are usually hard-working people who, by physical exercise, have kept their bodies fit, so that their children are born in perfect condition and require no manipulation, or drugs, to render them healthy.

Therefore, if a young child has paroxysms of temper, cries abnormally, or is fitful in its sleep (except perhaps during the normal time of teething), some cause of this condition should be sought, seeing that it is not normal—as some suppose—for a young baby to be fractious, and it is quite possible that the restlessness may be due to some minor displacement which can be corrected within a short time.

How many adults, for example, amongst both men and women have come to me suffering really serious pain, which I have found to be produced by a misplaced vertebræ, or a twisted rib, the correction of which has brought immediate relief. In many of these cases the patients concerned have suffered such conditions for considerable periods, thinking that the trouble was rheumatic in origin, or some form of neuritis. What is liable to happen in adult life can also occur in infantile life, and I have encountered quite sufficient in a considerable percentage of young children whom I have

treated to convince me that they often endure enough pain of this nature to be responsible for the spasms of temper, irritation, etc., that their parents have observed.

Flat feet, particularly, is a trouble which should be corrected as early as possible. Fortunately, this can quite easily be done if taken in time—often, in fact, in one treatment—but it so often happens that in such cases not only are the arches of the feet out of position, but the base of the spine is affected.

## CHAPTER III

### PUBERTY

CHILDREN of about ten years of age and older seem very apt to develop slight nervous troubles. In the study of children about this age one comes across many whose nervous systems are very highly strung, and often—if they are not properly cared for—chorea or St. Vitus' dance will develop.

Innumerable cases in this category have been brought to me, and on examining the spines of such sufferers I have always found that a very common characteristic is that of very tense nerves. These tense nerves react directly on the digestive organs, and in time anæmia (that foe to healthy childhood) is apparent. Moreover, there is a direct lack of co-ordination between one part of the nervous system and another, producing those involuntary movements of the face, head and limbs so disturbing both to the little sufferer and to the onlooker.

In other words, the central nervous system which should predominate and control the sympathetic or involuntary nervous system is not functioning as it should do, and so disability results.

It will therefore be appreciated that cases of chorea and nervousness respond very rapidly to osteopathic treatment, especially where children are concerned, for, by strengthening and relaxing the central nervous system whilst manipulating and inhibiting the nerves so that the tension relaxes, the osteopath generally meets with great success.

The treatment has the most astonishing effect upon the digestion, which, as a general rule, starts to improve from the patient's first visit.

The involuntary movements also become much less frequent, the general nervous system gains strength, and there is far greater co-ordination in consequence.

Manipulation of the spine relieves the tension in the nervous system and gradually co-ordination is re-established between the sympathetic and central nervous systems. At the same time, it becomes apparent that not only is the child's colour more healthy, but that appetite and sleep are improving, while the various distressing symptoms of the disease are gradually disappearing ; in other words, the whole mechanism of the body is becoming balanced, enabling the blood to function normally. Care should be taken to teach the child proper breathing exercises, so that the blood is better oxygenated and also to see that he or she has as much fresh air as possible.

In treating such cases I also give careful instructions to those in charge regarding diet, but as this differs more or less according to each case, one cannot give any definite table, but advise what is suitable to each individually.

I should like to quote the case of a child who was once brought to me because when she tried to walk she was always inclined to fall backwards, so that someone had to be behind her to be ready to support her.

At six years of age she was very small and delicate, and although she slept well, her appetite was poor, her digestion was weak, and there was a complete lack of tone in her central nervous system. Examination revealed that the basin and lower part of the spine were misplaced, the legs had not grown as they should have done, and the nerves of the spine were also lacking in tone.

As the treatment persisted and I adjusted the pelvis and lower part of the spine, not only did her legs increase in strength, but the child began to walk a few steps naturally.

At the end of a year's treatment she had grown considerably, and had become so independent that her parents were able to leave her alone, she could play in the garden, walk and even run. She could so help

herself that, if she felt she was going to fall backwards, she would tilt her body forward and come down gently on her hands.

Such is the progress and improvement which has been achieved in one year, and there is no question but that this little girl will soon be in normal condition.

The treatment I administered not only kept the structure balanced, but, by increasing the circulation in the spine to the brain, strengthened both the central nervous system and the brain. Thereby co-ordination between one area of the brain and the other became surely and steadily more regular.

The period from eleven to thirteen is one of the most vital in a girl child's life, as it is the time of puberty; and parents would be wise if they were then to take their children to an osteopath for consultation.

Adjustment of the vital nerves at such an age would, undoubtedly, prevent serious illness in the future.

Painful menstruation is a trouble from which many girls suffer at or soon after puberty and which can be, in most cases, effectively dealt with by osteopathic treatment. Without treatment the trouble may continue for many years—quite unnecessarily. I have in mind the case of a girl of twenty-seven years of age who had been suffering for years from pain at menstruation, and was often obliged to stay in bed for three days. When she came to me I adjusted the nerves of the pelvis, thereby getting rid of the cause of congestion with excellent results. I quote just a few lines of her own letter to me: "As you know, I am feeling much better, and I am quite sure that I shall have cause to be grateful to you for the rest of my life for all you have done."

Whether it is owing to the stress, and the rate at which modern life is lived, or whether children play too many games at that age, it is a fact that many minor and also more serious complaints will originate at this age of puberty.

Amongst the minor ills which, unfortunately, are all



too common in day and boarding-schools to-day, are those suffered by girls from fourteen to sixteen years of age who become slow in class and unbalanced and listless at games.

The parents are advised so often that it is just their age which accounts for these troubles, and that the children concerned will grow out of them in course of time, that nothing is done to correct what is really a serious matter.

In the majority of instances it will be found that the original cause of the trouble was simply the disturbances of Nature, the glands were not functioning or co-ordinating as they should have done with the blood centres, hence, the glands throughout the whole system were not fulfilling their right purpose, and this, of course, had affected the brain and nerve power, just in the same way as it interferes with the digestion.

Reviewing the patients of this category who have come under my notice, I find that many have been treated with thyroid gland extract, which, when first administered, appeared to be of some direct benefit. Ultimately, however, in all such cases the patients found that the effect wore off, and that no real and permanent benefit was derived. This is not peculiar, for no stimulation of the thyroid gland in this way could, in my opinion, correctly balance the blood and gland centres, and I make this statement after a very lengthy and careful dealing with such sufferers.

The establishment of perfect balance can, however, be sought through osteopathy, and generally success crowns its efforts. In speaking of minor ailments only, I well remember the case of a girl aged fifteen who was brought to me because she was very "nervy" and lethargic in her form at school, and did not show much liking for games ; in fact, went out of her way to avoid them whenever possible ; furthermore, she was holding herself very badly, and walked with a very ugly carriage, whilst latterly her eyesight had started to trouble her.

Upon inquiry, I elicited the fact that, though menstrea-

tion had occurred, it had not been repeated except at very infrequent intervals, that she was losing a certain amount in discharge, and was anæmic.

Examination revealed (as I had expected) that the lower curve of the spine was out of alignment, causing great tension in that area of the spine where the nerve centres of the blood supply to the uterus are situated.

Also there were misplacements at the root of the neck, which were inhibiting the blood supply to the brain.

Cases similar to the foregoing are remarkably simple for the osteopath to handle and cure, in comparison with all the suffering and actual harm which such conditions can produce when they do not receive ready and due attention.

After a very few treatments I was able to ensure that the system functioned again so correctly that menstruation occurred normally. The girl's entire vitality was renewed and so much improved that she was able to hold herself naturally ; she had begun to take due interest in her work and play, while her eyesight showed considerable improvement. An accurate adjustment had been effected, the blood was able to circulate normally, the glands were able to co-ordinate with the blood, the girl had nothing more to worry about, and in all probability, as she resumed playing her games and took a keen and healthy interest in life in general, this worry would never recur.

On the other hand, had correct adjustment not taken place, she might unquestionably have become even more delicate, for there is nothing like bearing the burden of an unhealthy body combined with faulty eyesight to make anyone (be it child or adult) lose the zest and full joy of living.

In many cases, when at puberty the glands have not been able to function normally, the patient becomes yearly steadily worse, and so the position becomes one of grave concern.

The legs often swell, as do the wrists and face, and if



no relief is obtained there is always present the danger of dropsy with its threat of heart failure.

Amongst the many cases of this kind which I have treated and cured, I remember that in particular of a young woman who was brought to me at twenty years of age.

Since puberty they had had great trouble with her at school, both in regard to her health and in her school work, in which she found difficulty in keeping up with her comrades. These matters had been reported to her parents, who had done everything they possibly could during the school holidays by sending her to consulting specialists.

Notwithstanding the fact, however, that they in turn had endeavoured by every possible means to correct matters, she became steadily worse.

By the time I was consulted, the unhappy young woman was six stone heavier in weight than she should really have been, taking her age and stature into consideration.

She could not walk a quarter of a mile without her heart troubling her, as a result of her body having become swollen to such a colossal size. Incidentally, this question of size was naturally making her very self-conscious.

I forthwith started adjustment, working particularly on the gland centres concerned, but after the very long lapse of time which had occurred between the commencement of the disability and the date at which she was brought to me, I must confess that I was not sanguine about effecting a complete cure.

However, to my great joy, after her eighth treatment, her glands showed remarkable improvement, and as the treatment proceeded her body naturally decreased in bulk as the glands started to function regularly.

At the end of six months this young woman, instead of turning the scale at sixteen stone, had been reduced to eleven stone by osteopathic treatment.

Dancing lessons were now contemplated, and in a few months' time she began to dance beautifully, thus

demonstrating the control she had acquired over her feet.

At the end of nine months she succeeded in driving her own motor car in London, and was restored to complete health.

All this happened some years ago, but since then there has never been any recurrence of the trouble.

I must add that in this patient's case also many different treatments had been tried, including the taking of gland extracts, all of which had lamentably failed.

It was actually the adjustment of the spine—enabling the gland centres to co-ordinate with the nerve centres—continued with strict adherence to a properly balanced diet, which alone furthered and produced the desired end.

In other words, osteopathic treatment, as it always aims at doing, treated the fundamental cause of the trouble, thereby offering the sole chance the poor girl had of regaining complete health.

Let us now consider the cases of young women who are unfortunate enough to develop very enlarged breasts, sometimes to such a degree that recourse to an operation is often thought necessary. In many such instances drastic procedure of this kind is neither advisable nor called for.

My experience has been in treating such a condition that, provided proper manipulation and adjustment is made, it will be found that the glands soon begin to function properly, the congestion is relieved in consequence, and the breasts gradually return to their normal size.

I have had several cases of young women of twenty-four years of age and upwards whose breasts were so enlarged as to resemble those of native women.

In practically all such cases I found on examination that the pelvis was out of position, and that this was affecting the gland centres to the legs and the lower part of the trunk.

I also found that in the majority of instances there were

definite misplacements at the upper part of the spine, and these were affecting the gland centres to the axilla and the breasts. After four weeks' treatment regular adjustment of the spine was effected, and in almost every case the breasts had been reduced to their normal size and contour.

I cannot recall a total failure in any cases of this kind which I have treated, although, naturally, some took a little longer than others to respond.

As regards this particular complaint, I personally should never advise an operation until osteopathy had been given a fair test, as, in comparison, the latter is painless, and, judging from experience, there is no need whatever even to contemplate so drastic a course as surgical treatment. One of the main features, however, in treatment for this particular trouble is the question of diet, which calls for the very strictest observance, for, when the glands have ceased to co-ordinate, as they are normally supposed to do, with the blood, digestion will consequently be affected, and hyper-acidity is therefore almost always present.

This condition of the blood both irritates and weakens the nervous system, which in turn reacts upon the circulation and the glands. Another distressing and painful malady—swollen ankles—also responds to similar treatment remarkably rapidly, and here again experience teaches that it is essential to adjust the pelvis, for, as it must readily be appreciated, if there is misplacement in the articulation forming the basin of the spine, congestion must accrue, and this will interfere with the return of blood from the limbs. There is consequently a restriction in the flow of blood into the limbs, with the result that lymphatic fluid will be left in the lymph spaces, instead of returning to the blood circulation.

## CHAPTER IV

### THE ADOLESCENT BOY

THE paramount importance of the Science of Osteopathy with regard to the growing boy has not yet been appreciated in this country as it has been in the United States of America and Canada.

Comparatively few appear to realise that it is between the ages of twelve and eighteen years that the spine—that all-important member of the body—is forming into its adult curves, a period during which imperfections are liable to be created which will have a serious effect in after-life.

It will, therefore, be seen how much depends upon the health and development of the body during this important period of a boy's life, and my experience has been that boys between this age (for, curiously enough, boys appear more subject to injury than girls in this respect) should be seen at least twice a year by a skilled osteopath, so that any mal-adjustment may be at once corrected and a well-balanced and proportioned framework be ensured.

My remarks above will be better understood when I point out that, in the early stages of human development, if some small misplacement occurs at the base of the spine and is not discovered and corrected, as the curves are forming they will tend to be weakened and grow out of their normal position ; and, though there may be very little that those concerned with the boy would notice, at the same time the structure as a whole will not be so well balanced (with probably serious results) unless dealt with correctly.

In dealing with the mechanics of the body, a small misplacement (especially at the base of the spine), if

permitted to continue, will create in turn more lesions or mal-placements in other parts of the spinal column. This is simply a matter of common knowledge to every osteopath, and I have been able to prove it to be an inevitable result in hundreds of cases passing through my hands over long experience.

There is far too great a tendency to ignore the import-

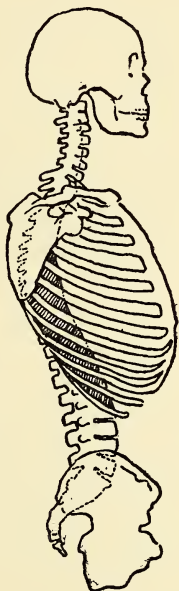


Diagram showing Curves in the Spine.

ance of the spine, for many still believe that if it is straight at the age of eleven it will remain so. I stress the importance of examination because I have so often been called upon to explain to considerably perturbed parents that their boy—aged perhaps sixteen—although possessing a beautifully straight back, and one good to look upon, was actually heading for ill-health because Nature never intended the spine to be quite straight at this age, but to have definite curves.



Furthermore, nothing interferes more with the general circulation and normal efficiency of the body than a straight spine, and if this is not corrected in time the patient concerned must become delicate, whilst the length of his life may be definitely curtailed.

The first serious danger in the straight spine is that the front or anterior parts of the vertebrates—*i.e.*, the bones which are joined together by ligaments to form the spine—ankylose, or join, thereby seriously limiting the mobility and freedom of movement and not only causing congestion of the main nerve trunks which go out from the spine throughout its whole extent, but affecting the general circulation, and, at the same time, considerably handicapping the lymphatic drainage of the body. In addition, the nerve or tonic supply to the organs of digestion, and more serious still to the heart and lungs (in other words, the whole physiological and metabolic life of the body), is definitely and seriously lowered. Then as the ankylosis becomes more definite, that is, as age progresses, the life of the individual becomes almost unbearable, as all that can be done is to relieve the many ills and symptoms which are bound to accrue. That this actually does arise can be proved, beyond all question of doubt, by the large number of cases that come to the osteopath for treatment suffering from this neglect in early youth.

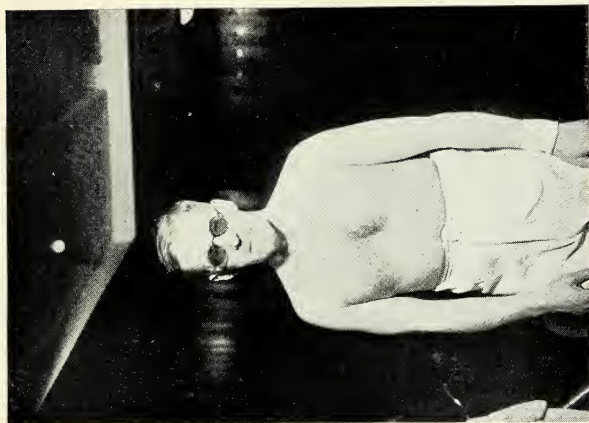
In order to enable the body to function normally, the spine should have distinct curves, and each part of it must be in alignment with the rest. The definite curves can easily be understood if you commence at the head and imagine that you are facing the person (or structure), and looking, so to speak, straight through him.

The first curve is at the neck, and this should be forward. The second curve is backwards, between the shoulders, taking you downwards to the ninth and tenth ribs, when the curve gradually goes forward. This brings you to the waist line, and finally back to the seat or sacrum. If you will study the diagram, you will see how these curves not only give resilience to the body, but leave room





THE SHOULDER GIRDLE.



THE SHOULDER GIRDLE.

PLATE 4.

[To face p. 46.]



for the most vital tissue in the physiological life of the body, namely, the nerve, to go out and to come back to the spinal column. Indeed, a study of the mechanics of the human body would amply repay all wise enough to make it.

The shoulder girdles to which the arms are attached amply balance the spine above, and should be in alignment with each other; while the base of the spine—formed by the pelvic bones—supports the whole trunk, including the ribs, head and shoulders. At the same time it has the legs attached at the hip joints, and within the pelvis are contained the abdominal organs.

It has always struck me as a curious thing that the average person (amongst both men and women) appears to take small interest in such matters, although possibly 75 per cent. of health depends upon the organs I have described.

Adolescence is, perhaps, in many respects the most difficult age of all, and if this mal-posture is not detected in dealing with the adolescent boy the results will very often cause great anxiety to both parents and school-master. In many such cases the boy concerned is treated for slackness, or idleness, and punished accordingly, when a little discrimination and a greater knowledge of the physiological life of the body on the part of those responsible would have enabled them to realise that there was a definite reason for the boy's lack of ability to persevere. They would then resort to an osteopath rather than to the cane or to the utterance of cruel and cynical satire—so often the means of destroying a boy's self-confidence, and sometimes, I fear, making him a failure for life. It is surely bad and tragic enough to suffer from a spinal mal-formation without being blamed for stupidity or idleness, when so physically handicapped and so totally unfitted to perform proper work.

I shall always remember the case of a boy of sixteen, who, although apparently healthy and well developed and big for his age (though not unduly so), gradually

began to slacken at games and still more so at his work. His parents, who lived abroad, received bad reports from his school, the effect of which was not improved by others sent out from different relations of this unfortunate youth who saw him periodically and appeared to take a definite delight in dilating upon his shortcomings in their missives to the wretched and anxious parents overseas. At first they took but little notice of such reports, attributing the trouble to a fall which their son had had, and which fractured his legs between the knee and the hip. Actually, none of the joints of the leg had been involved, and no limitation of movement had occurred, so that this was not the cause of the trouble, as the school doctor confirmed. Eventually, however, as the bad reports persisted and as it became obvious to those in England that he could not hold himself up and had developed an unpleasant slouch, whilst showing a marked lack of concentration in his studies, he was brought to me for consultation. An examination revealed that the spine in the lower half was misplaced at the dorsal lumbar curve, *i.e.*, where the curve should normally go forward, it did not do so, but was misplaced backwards, thereby making it impossible for the boy to hold himself upright. It was obvious that this lesion or mal-alignment had gradually developed from the time the boy had fallen and fractured both his thighs, the misplacement at the waist line not only throwing a continued strain on the ligaments, nerves and muscles of the neck and shoulders, but seriously weakening the leverage of the long-going muscles of the spine. The effect of such a condition was that the balance and general muscular and physical strength of the boy was being continually and seriously affected ; while the lesion, or misplacement, in the spinal column was beginning to undermine very seriously the nutrition of the whole body.

In such a state of health, how could anyone expect this unfortunate boy to do himself justice at his lessons or games when he was not getting an adequate blood supply

to the brain? Nor was there normal drainage. I quote this as one of the many instances in which ignorance of the cause has resulted in the individual suffering great mental cruelty. In fact, cruelty of such a kind that I am quite confirmed in my belief that a considerable percentage of neurasthenic cases (or instances in which low nerve power or the inferiority complex developed in adult life) is due to bodily imperfections such as those I am now enumerating, which are not discovered and consequently not allowed for.

It is only logical that, if the structure is completely out of balance and the whole nerve tone of the body weakened in consequence at sixteen years of age, no amount of courage and determination can overcome this. In these particular respects, or characteristics, the boy in question was well endowed, and had really suffered severely in mind through causes over which he had no control.

The gravity of such trouble is made the greater by the simplicity of its remedy as, after a very few treatments, and without hurting the boy, I was able to correct the misplacement entirely. At the end of a fortnight it was a joy to see how well he was able to hold himself. Once the irritation had been removed by spinal manipulation and the organs were restored to their normal position, the tension in the nervous system was relieved and circulation and glands soon regained their proper functions. Once this was accomplished, the joy of life again returned, the boy's health improved in a marvellous degree, and not once has he ever looked back, but has now grown into a strong and fine man.

I will quote another case of a similar type, in an endeavour to bring home to parents how this "science of adjustment" can be applied, and, in many cases, succeed in saving the future of the child, even when every other conceivable channel of treatment has been essayed without avail. The instance I have in mind is that of a boy of fourteen, who, although tall for his age, was narrow-chested, anæmic, walked badly, did not make any

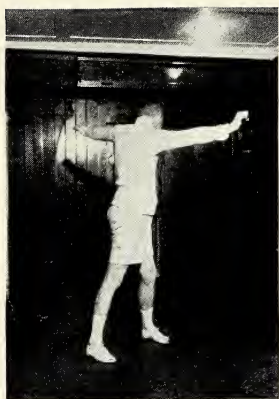


progress at all in his class at school, and was very much behind his fellows in the playing fields. As a result, he was almost continually under the doctor at school, or actually in the school hospital. Besides having medical treatment almost permanently, he was undergoing expensive and extensive courses of massage and various remedial exercises. In addition to other troubles, his feet were in a bad state, and although these improved slightly as a result of the treatment given, there was no amelioration whatever in his general health, and he continued in consequence to obtain bad reports for his work. Further, try as he could, he found it impossible to take any genuine enjoyment in playing games. The lad was brought to me during his Christmas holidays, and upon examination I found that not only were his feet flat, but that the whole structure of the body was out of alignment. The worst displacements were at the upper five ribs and at the pelvis, thus producing a complete lack of tone in the nerves of the spine. This was quite sufficient to account for all the symptoms from which this unfortunate boy had been suffering over a very lengthy period. I thereupon wrote a letter to his parents stating that the displacement of the rib alone was quite enough to hinder the blood supply to his brain and affect the drainage system.

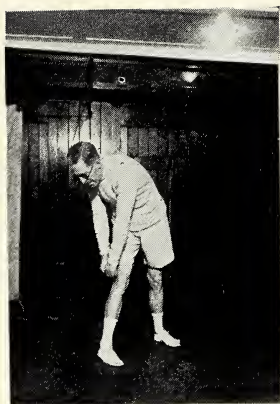
In many such cases there is a tendency amongst those who have endured many other forms of treatment without success to regard osteopathy as yet another "crank" scheme, unlikely to produce results. To me, there is always a certain amount of amusement to be derived from this fact, and the results produced by osteopathy are usually so rapid (if recovery is possible at all) as to enable one to sense the amazement and delight of those who witness it.

Take the case under immediate review, for example. I proceeded to manipulate, correct and adjust not only the spine, but also the arches of the feet and the alignment from the base of the spine to the feet. By the fourth

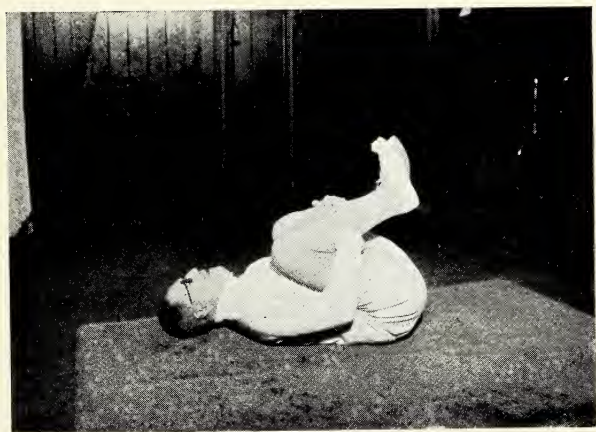




AN EXERCISE FOR GOLFERS :  
ROTATION OF TRUNK.



AN EXERCISE FOR GOLFERS :  
ROTATION OF TRUNK.



EXERCISE FOR DEVELOPING THE MOBILITY OF THE SPINE.

PLATE 5.

[To face p. 50.]



treatment the boy had made rapid progress, and was enabled to return when his school re-opened far better equipped to hold his own in class and at games than when he had started his holidays.

Not long afterwards I was delighted to hear from his father that he had so much improved, both mentally and physically, that he had been promoted by two forms within three weeks of the completion of my treatment, while he had shown equal improvement on the games' field.

What would have been the condition of this boy if he had not come to me for osteopathic treatment, as no amount of determination, or courage, at athletic sports or physical exercises could have corrected the conditions I had found? It would simply all have boiled down to the fact that the poor youth must drive himself along, running—as it were—on two cylinders instead of six, and so cause depression and nerve strain.

I will now deal with quite a different type of case, where one of the tallest and best-developed boys for his age that I have ever seen came to my notice.

Although at the time of which I write not then eighteen years old, this young man stood over 6 feet in height; he possessed a pair of good shoulders, splendidly knit; his weight registered 13 stone stripped, and there was not one ounce of superfluous fat on his body. In every respect, therefore, and from all appearances, he was an abnormally fine specimen of a growing man. Some little time before he visited me, he had hurt his chest whilst boxing, and had also sustained similar injury on a previous occasion, which caused him to lie up for over three weeks. He had been selected to play rugger for his House, but was in such a condition as to be unable to run, for it hurt him even to move, whilst it was difficult for him to take a deep breath on account of the attendant pain. As there were only five days before the match, and he was one of the most important players chosen, the games' master, realising that something really definite in the way of

treatment must be done (and having heard of another osteopathic victory), took a chance and brought the youth straight to me.

Upon examination I found that the eighth, ninth and tenth ribs were misplaced, which in itself was sufficient cause to account for all the ills he had experienced. After manipulation lasting for about half an hour, I succeeded in replacing the ribs into their normal position, and after further treatment of a necessary kind I told him to get up and take a deep breath. This he was fearful to do for some little time, as this action had caused him great pain prior to his visit to me ; but as he gained confidence he did what I asked, and found to his great joy and amazement that he was as well able to perform this simple respiratory act as before his injury without any suffering whatsoever.

In such a case as this one, there was no necessity for the patient to visit me again, and he continued his training quietly, played for his House at rugger, and in consequence won his Colours.

How exceedingly simple this all sounds, and yet, had this boy not been brought to me, he might quite easily have been handicapped for life, and most certainly would not have had the honour of representing his House in an important match, which should quite rightly delight the heart of any healthy boy.

The providential factor in this particular case was, of course, that someone definitely knew of the value of osteopathy, and so brought the boy immediately to me for treatment (*viz.*, within two days). All congestion and irritation was at once removed by manipulation, and the structure put back into its normal position and alignment before other damage had been created.

As I have stated previously, it is sometimes held against the osteopath that though one is apt to hear of their winning of laurels, one does not hear of their failures ! Cynical though this statement may be, the only consolation is that it can be equally well applied to the

medical profession. Those—who, like myself, have the honour to be fully qualified osteopaths—always glory in having, as it were, such a “clean cut off the ice” as the case I have just cited. For it must in all fairness be noted that a considerable percentage of our cases visit us in desperation merely as a last resource, after considerable damage has already occurred and a certain amount of unnecessary pain and discomfort has been borne. It therefore follows that the task of healing and correcting the ill is rendered doubly hard.

On the other hand, if a patient is brought to the osteopath's notice and placed in his care in the early stages of any discomfort, a complete restoration is often possible, whereas, at a later stage perhaps, it might happen that only partial relief, or compensatory balance, could be given.

And how many thousands of cases are occurring to-day on our school playing fields, similar to the one I have described already—cases which could at once be remedied. Or, if not immediately, then at any rate within a few days, so that the patient concerned would be able to play once more instead of having to keep off the playing fields for weeks, if not for months.

Whilst admitting that in some cases there is, perhaps, need of fomentations and electricity, the great majority of sufferers with whom I have had to deal at an early stage have responded to osteopathic treatment with amazing rapidity. It is superfluous to add that no form of treatment which does not restore the human machine to its correct alignment can have any real benefit.

How long will it be before parents, headmasters and athletes themselves realise that if a bone, a ligament or an articulation is misplaced the body is unable to regain its normal functions and well-being until that structure is replaced in the niche in which Nature intended it should lodge? Osteopathy can surely claim to constitute the most scientific way of dealing with this replacement, and undertakes the task daily.



Next we come to cases of children who are backward and seem unable to make any progress in learning, despite the efforts of their teachers—cases in which no matter what changes the parents may make in their endeavours to find some solution, the boy shows no real headway. In many such instances osteopathic treatment yields excellent results by manipulating the articulations of the spine and thereby increasing the flow of blood to the brain. By this means the nerve centres of the spine are stimulated, so that the glands and the whole metabolism of the body are awakened to full activity and renewed vitality is the outcome. The manipulation of the whole spinal column opens up the intra-vertebral discs, causing the spine to grow and strengthen. It is extraordinarily interesting, and makes one very happy indeed to witness the improvement which is achieved both mentally and physically.

My experience has been very considerable in these particular cases, and I have found that boys who are backward between the ages of eleven and fourteen generally require but a few treatments before the glands commence to function satisfactorily, thereby co-ordinating with the blood ; and I am convinced that at this comparatively early stage of life it is some lack of development in one or more glands which arrests the natural growth of the brain and nervous system. Therefore, by this system of adjustment and by adjustment or manipulation of the gland centres which are in the spinal column and in the nerve centres which give tone and vitality to the structures of the body, improvement in condition must result.

Many cases have come to me from a certain preparatory school in which they have met with such difficulty in making a boy learn, that it was feared he could not possibly pass the entrance examination for the public school. In one such case, of a boy aged twelve, I found that, although he was sturdy, the spinous processes in different parts of the spine were too close together. As a



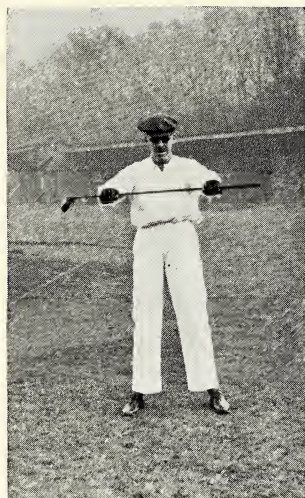


PLATE 6.—THE HIP MOVEMENT WHICH IS THE  
BASIS OF THE SWING IN GOLF.

[To face p. 54.



result, the spine was not opened up sufficiently, and the whole metabolism of the body was, therefore, greatly affected. This was enough to cause his dullness, for in such a condition the brain suffers just as much as the nervous system and the other cells and tissues of the body.

After a course of twelve treatments, the boy looked and spoke entirely differently. He grew rapidly, he moved more quickly, and replied at once when spoken to, whereas, before, he had been slow to move and equally so in speech. In other words, he had become re-vitalised and took a new grip on life ; he passed his examination successfully and gave his parents no further cause for anxiety.

Dealing with the natural growth of the boy from child to adult life, I would emphasise how at this period the correct adjustment of the curves of the spine not only affects the physical strength of the boy as he grows to manhood, but that perfect physical development is the sure means of giving a normal, healthy brain ; and the cases I have quoted illustrate the fact that the brain cannot develop as it should if the blood supply and drainage are not maintained on account of misplacement in the neck or other parts of the structure of the body. Indeed, until these mechanical misplacements have been adjusted and the blood supply to the brain has, in consequence, become normal, it is impossible for Nature and the vital nerve processes of the body to re-act—conditions necessary for normal intelligence.

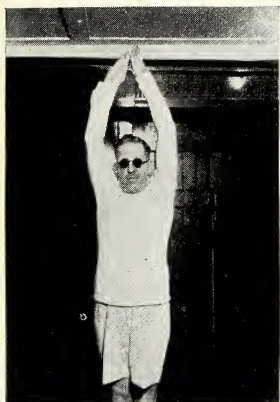
When writing now of the importance of guiding the formation of these normal and natural curves of the spine between the ages of twelve and eighteen years, I should like to bring to my readers' notice the case of a boy of this age who, having passed with honours entitling him to enter the Royal Air Force direct from his public school, was, to his own consternation and that of his parents, on the verge of being turned down, owing to the fact that he was too short of stature. This youth was exceptionally brilliant as a draughtsman, and it would have been a most

serious outlook for his future had he not succeeded in passing the medical standard laid down by the authorities.

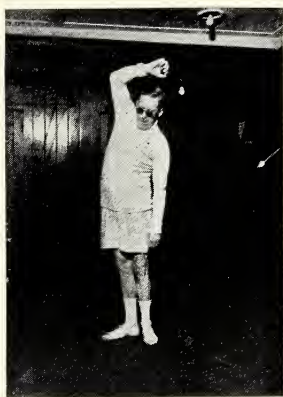
In all other respects he was so desirable for enlistment that he had been granted a period of six months in which to add the missing two inches of height which were so essential. This feat he had been mainly trying to accomplish at school by means of gymnastic exercises. Unfortunately, however, little or no growth at all could he show.

I found him, on examination, to be a fine specimen of young manhood—well knit, with fine shoulders and a deep chest, and, although in every other way apparently fit and well, only 5 feet 2 inches in height. The trouble that came to light, however, was that he had a straight spine and that the antero-posterior curves had not formed as they should have done, thus limiting the whole metabolism of the body, while his glands were also particularly affected. I gave this patient a course of treatment which, in a month, had the effect of changing the whole outline—so to speak—of his spine by articulation. Manipulation relaxed the nerve tension and muscles of the spine, which then opened up the front of the vertebrates one from the other, loosening and freeing the articulations, so that the curves were able to form. At this period I finished the treatment each day by making him perform what are known as “hanging” exercises, and thus in three months he had gained over 2 inches. In view of this splendid advance, he did not require the full six months which had been allotted, and consequently he was accepted for service by the Royal Air Force and continued to grow normally.

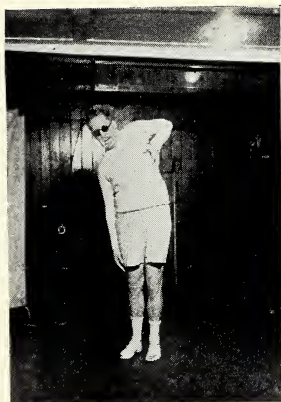
In the natural development of a boy, the feet and method of walking play a much more important part than most people nowadays appreciate. If the arches of the feet are flat, or the transverse arch of the foot has dropped, although the boy may appear to be progressing well (and parents are usually lulled into a false sense of security by being advised that a little massage or exercise



EXERCISE FOR MOBILITY OF  
SHOULDERS.



EXERCISE FOR STRETCHING  
SHOULDERS AND LOOSENING  
SPINE.



EXERCISE FOR MOBILITY OF  
TRUNK.



ANOTHER EXERCISE FOR  
DEVELOPING MOBILITY OF THE  
TRUNK.

PLATE 7.

[To face p. 56.]





—worse still, some building-up or supports in the shoes —will correct the disability) growth will continue improperly. It will transpire that the lad will soon commence to suffer from spinal curvature, primarily due to the fact that the arches of the feet being out of alignment throw a strain on the lower part of the spinal column, which, in turn, will affect the balance of the spine as it is forming into its normal curves.

Therefore, despite the feet gaining relief by treatment and any artificial support they may have received, as the misplacements have not been corrected at the outset they will become gradually worse, for the feet are meant by Nature to support the body and to give spring in walking, running and jumping and to take much of the percussion and vibration ; so it may be realised how important it is to the whole well-being of the individual concerned that the trunk be accurately balanced. This perfect and necessary equilibrium can only be maintained by the arches of the feet being adjusted to their normal position and the muscles of the toes kept relaxed, so that they do not tighten too much and draw the toes back—as in “hammer toes,” such as one develops when the arch collapses and the muscles sag.

Such an abnormal condition can be corrected and prevented by manipulation, and it is of the utmost importance when the boy is growing to pay particular attention to his footwear and to his socks or stockings.

I have one case of a boy who is sent to me regularly (twice or three times a year during his holidays) where loosened joints have endangered his prospect of entering a public school. By general manipulative treatment, I have succeeded in so improving matters that he has not completely lost the idea, or fear, that his wrist or ankle might “go out” at any moment ! He is growing splendidly and his joints have become quite strong and normal.

On one of his visits I found to my astonishment that his toes on both feet had begun to contract up and that

“hammer toes” were making a definite appearance. I had no trouble in effecting the needful correction, and afterwards insisted upon his parents paying the closest attention to his socks, boots or shoes. Actually this faulty development of the toes had been started by wearing shrunken socks and too small a size in shoes during only one term at school.

I have thought it expedient to quote the foregoing case as proof of my assertion that a short course of treatment—taken two or three times yearly—will very often prevent serious disability and expense at a later date.

Perhaps it is only the soldier who really appreciates the importance of having sound and trustworthy feet! Both in the Army and in my practice of osteopathy I have found that it means much to a boy and man not only to pay attention in this respect, but to be taught how to walk and stand properly, for a considerable proportion of adult “crocks” owe their disability to ignorance and inattention to such details.

In walking and running also the first essential to impress upon the boy is that he must not let his feet turn out, one of the several faults in army training. One can well remember that it is not so very long ago since parents spent much money in sending their children to dancing classes where the whole essence of the lesson was to be taught to turn the feet *out*—a feat so unnatural that children used to struggle to remember to do so, finding it opposed to Nature and difficult to accomplish in consequence. Just watch a baby when it first begins to walk or crawl, and you will find that it always turns its little toes *in*. Furthermore, if you study the history of any native races—people who cover long distances by means of their feet alone and possess great powers of endurance—it will be found that they do so with their toes turned in. This theory is also supported physiologically by the fact that the muscles on the base of the foot get a straight pull on the toes, thereby arching

the foot normally if the toes are turned in ; whereas if the toes are turned out these muscles are placed on the stretch and cannot lever the toes as they are intended to do.

The second important point is to instruct the boy how necessary it is when walking to send the heel down to the ground first and then draw up the foot as the hind foot leaves the ground ; get the lift-up of the body from the ball of the foot and toes. Then, in conjunction with this fact, impress upon the youth the necessity of keeping the knees straight as the leg is advanced.

Many young boys form a bad habit of walking by allowing the knee to bend as the leg comes forward, so that the heel does not touch the ground first, as Nature intended it should do.

If the art of correct walking is to be fully understood, it is necessary to explain that the pelvis articulates with the spine at the waist line or the fifth lumbar vertebræ, exactly above which you have the centre of gravity of the body. This plays a most important part in relation to balance and motion, for, as I have previously explained, you have the right and left hip joint formed by the pelvic bones to which the legs are suspended.

In order to walk correctly—that is, to obtain a long stride with ease—it is necessary to let the hip swing forward with the leg, by so doing rotating the pelvis so that the toes come inwards as the leg is advanced, when the heel touches the ground straight in advance of the other foot, after which swinging the hip forward enables one to keep the knee from bending. When acquired, this method takes away all strain from the feet and ankles and gives ease and relaxation at that point of the spine—a point generally described as “ the small of the back ” and actually where the articulation of the fourth and fifth lumbar vertebræ constitute the centre of gravity of the body.

The illustrations in this book (which are actually slow-motion pictures of walking) show very clearly an

exercise which demonstrates how the hips must move and rotate to enable one to walk with ease and balance. If my readers will practise this method as illustrated, they will quickly realise how much more easily and with what greater degree of speed one can cover the ground and, if I may say so, with much more grace if my counsel is followed.

The shoulders when walking must, for many reasons, be permitted to swing, and in accomplishing this remember that it is not sufficient to move the arms, but one must aim at moving from the small of the back.

In addition, the elbows should be kept close in to the sides and the arm and shoulder should swing forward, as though delivering "body punches" in boxing. For it is really the punch of the shoulders which governs speed in walking, and consequent upon this (and most essential of all) produces an easy and attractive mobility.

One of the greatest and most common defects is that of keeping the shoulders back when walking (under the mistaken impression that this lends a more military air and endows one with a finer figure!) when, under all circumstances, they should swing naturally.

It will be observed in the illustrations how the action in the shoulders increases and the pace quickens until the moving shoulder comes right forward and is raised as high as possible. The very genesis of correct walking is rhythm, *i.e.*, the perfect co-ordination between arms, shoulders and legs. For example, when the left foot is advanced, the right shoulder and arm should be so far forward that the hand is about "equi-lineal" with that foot.

Far too little attention is paid to this most important detail, and great benefit would be derived by both young and old if it could only be better studied and carried out. Therefore, if I labour this point it is because a long practice has convinced me that scarcely 25 per cent. of people really know how to walk properly. Hence, instead of making this exercise the most healthy of all, they often



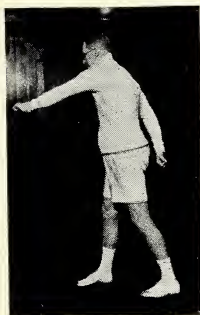
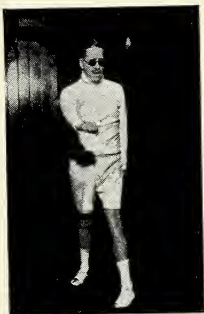
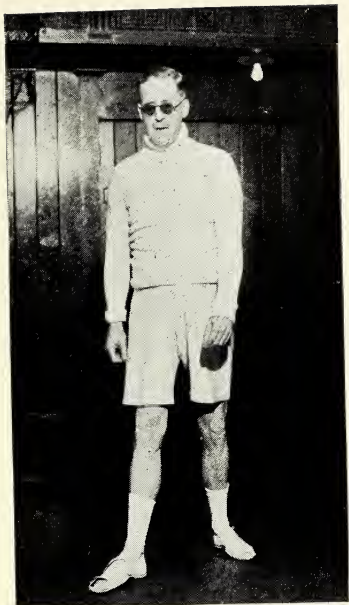
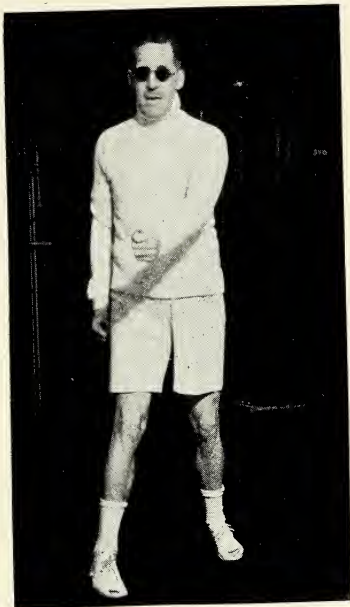


PLATE 8.—WALKING : CORRECT AND INCORRECT METHODS.

[To face p. 60.]





do themselves harm by dutifully taking their "daily constitutional."

By experience it will be found that in running the "test leap" is the same, except that here you have to pick the knees well up, and as the knee is lifted high throw the foot well forward. A study of the illustration will enable the reader to appreciate this better.

Before concluding this chapter I should like to cite the case of a boy of ten who was brought to me for treatment with the muscles of his feet so weak that, even after correcting the base of the spine and the arches of his feet and attending to the alignment and muscles of his legs, it was still necessary to allow him to wear shoes which had been built up and which were, in point of fact, a form of crutch. Although I heartily detest these artificial aids (which are so often unnecessarily inflicted upon growing manhood and in time develop into permanent "props"), I was compelled to allow him to wear these abominations for three months, during which period I concentrated upon walking exercises.

At the end of this period so very marked was the lad's improvement that the supports were gradually reduced until they became no longer necessary. In addition, the balance of his body and the feet had been regained by the manipulation of the spine, and this in turn had so stimulated the nerve and blood supply to the weak muscles on the base of the feet that he was completely cured.

Considerable experience with children has shown me that only in very exceptional cases is it ever essential to support the arches of the feet in any way. In the average case, if the muscles, ligaments and positions of the bones—which form the arch—are adjusted properly, as well as the balance of the trunk and the feet, to put the feet in plaster or build up the boots or shoes is entirely unnecessary and wrong. With correct manipulation and exercises, the muscles are best left free in order to enable Nature to adjust herself, when the feet will give no further cause for anxiety.

Lastly, I should like to stress the importance of teaching boys that, after running, they should always dry their feet well, especially between the toes ; and, should they find any softening of the feet is taking place, they must rub them from time to time with a little methylated spirit and powder the feet before going out for a long run.

Neither should it ever be forgotten—for it is of the utmost importance—that both in walking and in running it is essential for one to breathe through the nose in preference to the mouth. Breathing through the mouth is the cause of more serious harm than is generally supposed. Apart from any other consideration, the nose acts as a filter (and Dame Nature has moulded it for that purpose), as air breathed through it enters the lungs warmed to the right temperature to be used to the best advantage. Indeed, I understand it to be a fact that Providence has so ruled and so wonderfully constructed the human body that even in the coldest air man can breathe, as the air, in its short passage through the nose, is sufficiently warmed to enter the lungs without causing shock. Such is not the case, however, with air taken in through the mouth. I well appreciate (as one who actually takes a considerable amount of the very exercise now under discussion) the difficulty of breathing through the nose when running. But my point is : that one should continue to breathe through the nose for as long as possible, and return to so doing directly this action presents no extreme difficulty to the runner.

Many so-called “colds” render the nose so “stuffy” that boys are apt to sleep for a long period of the winter months (the most dangerous time of all) breathing through their mouths. This habit leads to the risk of creating unhealthy nasal organs, tends to the formation of adenoids, and has a bad effect generally upon the chest.

In the preceding paragraph I have made use of the expression “many so-called colds,” because I have always found that in a large number of cases the sufferers or victims of almost perpetual colds are really clogged up

internally, largely due to the fact that their drainage system is not in perfect working order.

The above remarks apply specially to boys, who too often are inclined to neglect their bowels, owing to one reason or another, in addition to which their capacity for eating every kind of indigestible food is well known to all. Unhappily—alas !—even in adult life, the gravity and importance of such neglect and sloth is not sufficiently recognised. It must therefore follow that Nature at last calls “halt !” because the accumulation of poisons resultant upon such a combination of circumstances seeks a remedy. Just in the same way in which an over-heated boiler either blows off from its safety-valve or bursts, so the human body discharges its poisons in the easiest way it can by the development of what is so often known as a “cold in the head,” during which time masses of mucus are discharged in an effort to obtain relief from an unclean condition which should never have existed.

To its great shame and degradation it may be made known to civilisation that savages (who realise the importance of keeping their bowels well open, and who seldom have an opportunity of pandering to their appetites three or four times daily) rarely, or never, know what it is to have a “head cold,” as do the inhabitants of Western lands. Nor do these savages, as is well known, indulge in the luxury of appendicitis, probably for the same reason.

Consequently, if sufferers from colds—whether youths or adults—would try the experiment of seeking correct and healthy adjustment by osteopathy, so that their important organs might function properly, at the same time bestowing a little attention upon the question of a rational diet, they would be astonished to see the rapidity with which such “head colds” disappear and the resistance they could offer against such unpleasant visitants.

Even to-day there is no better philosophy than the old tag “prevention is better than cure,” and although colds in themselves are not dangerous, they very often

lower the resistance of the body and predispose it to more serious maladies. Furthermore, they are not only distressing to the sufferer concerned, but are the proverbial thorn in the flesh to those people with whom they come in daily contact. In fact, when one is suffering from a "head cold," it should be looked upon as one's bounden duty to do everything possible to guard against passing on this harmful germ to one's colleagues, who—for many reasons—may not be able to afford to run the risk of colds, against which they may have to battle throughout the entire dreary winter.

The very first requirement towards perfect health, to which mankind in general is entitled, is a clean body and a healthy mind. One complement cannot be obtained without the other, for bodily poisons are carried by the blood stream into the brain and cause those depressions and miseries of mind which so often terminate in the gas oven! Yet, while those who can afford the luxury of motor cars take the greatest trouble to ensure that every part of such a machine is well-oiled and working correctly (or at least see that their chauffeurs do so), we personally do not infrequently pay little or no attention to the oiling and functioning of the most vital parts of our anatomy. Of these, unquestionably the bowels rank first, and it should be everyone's first thought to ensure daily and complete evacuation thereof. I say "complete," because a large proportion of the population of civilised countries are satisfied with anything but a "complete" evacuation. In such a manner are poisons left in the system which may cause serious damage in course of time. The stress of modern life, nervous strain, excitement, harassing occupations, the worry and scurry of our everyday existence, all contribute to this harmful end, so that the very foundation stone of perfect health so often remains badly neglected, until Nature—incapable of bearing the strain any longer—finally throws down her burden, and the victim—boy or girl, man or woman—finds himself or herself prostrate with serious illness. And if some would

assert that, in spite of having taken every known remedy—pill, potion, salts—and of having undergone cures at renowned Spas, they still cannot obtain this desirable result, it only strengthens and establishes the true efficacy of osteopathy, which—in cases of constipation more especially—produces marvellous results.

If I make mention of so “moss-covered” a theme in a chapter dealing mainly with the subject of boys, it is just because so often during this period of human life that very bad and lazy habits in regard to the essential daily evacuation are formed, habits which, probably, continue until an advanced age ; nay, habits which—alas !—may in themselves be the direct cause of premature old age.



## CHAPTER V

### INFANTILE PARALYSIS

THIS disease, though not necessarily fatal, is so devastating in its results, leaving as it does numbers of people partially or totally crippled in one or more limbs, that I feel it of paramount importance to introduce a chapter dealing with this important problem and based upon the actual cases which have come to my notice. From my brief comments thereupon, it will easily be gathered what resultant good has ensued after the sufferers had sought an osteopath.

Much has been written by medical men with regard to the cause of this distressing disease, but—as far as we are able to understand up to the present day—no specific germ has yet been discovered ; nor can it be said whether it is an agent likely to carry infection. What is general knowledge on the subject of paralysis, however, is that it is due to an inflammation in the spinal column. This, in my opinion, is often primarily caused by too much exposure to the sun, more especially in the case of children unaccustomed to a great deal of sunlight. I have actually known of cases where the child concerned, after undue exposure to the sun, has developed a slight temperature for two days only ; afterwards it was ascertained that definite weakness was apparent in one or more groups of the muscles situate in the arm or leg. Such a condition eventually proved to be a partial paralysis. Whereas, in other cases which have been brought to my notice, patients have been taken ill with an attendant high temperature, and within twenty-four hours have been found to have both legs completely paralysed, sometimes totally immovable.

In such instances, when the temperature has reverted



to normal, even in the most severe cases the paralysed limb (or limbs) will gradually regain power of movement ; and, as the patient gains strength, definite treatment is indicated and highly advisable.

Some of the leading authorities in the treatment of this disease advocate working the paralysed part, or parts, on machines specially built and adapted for that purpose, the patient making every possible effort to perform the movement required by the mechanical device.

The technique of this method of treatment is that circulation and drainage of the limb, or limbs, concerned are maintained as well as possible under the circumstances. In addition, the increased blood supply resulting therefrom helps to strengthen those nerves and muscles which are weak, and, at the same time, retains full movement in the particular joints which are involved and relying upon the weak muscles supporting them. The brain also receives assistance in its endeavour to work the muscles simultaneously with movement of the limbs by the mechanical apparatus, thereby helping to stimulate and tone up the special nerve areas.

No matter what form of treatment be indicated, osteopathy must hold a premier place in this special field of paralysis, as, by its aid, the whole spine is manipulated. Therefore, as it is the very nerve roots in the spinal column which have been destroyed (or partially destroyed by inflammation), and as these nerve cells or roots have great power of recuperation, the osteopath's hope and objective is that by increasing the circulation in the spine (that is, *if* there is any life left in the cells), this all-important member of the body will be stimulated into action. Consequent upon correct manipulation, such as is given by a skilled and experienced osteopath, better gland action is obtained with additional nerve tone in the cells which have been affected, so that improved circulation to the whole system should unquestionably be the issue.

As regards many of the very serious cases of paralysis,

in which the most learned, clever and experienced specialists of the medical profession itself are compelled to admit failure in the advanced stages, it would be definitely wrong for me to assert that osteopathy offers a certain cure. I reiterate that it is by no manner of means my desire to pretend for one moment that "miracles" are accomplished through osteopathy, but simply that its practice is of enormous benefit in favour of whatever chance exists of the sufferer obtaining partial or complete recovery. Therefore, although I am scarcely empowered to tell the parents of a child who is suffering from this grave affliction, or more unfortunate adults who have been victims of it for years, that within any great degree of certainty power can again be restored to the paralysed parts, I do feel myself entitled to state after a vast experience of such cases that a month's treatment sometimes does result in a very great improvement. As regards many patients' well-being, however, it is, and has often proved, well worth their while making the experiment of osteopathic treatment. For in no other way can a diagnosis be made with any appreciable degree of certainty. Even a test by electricity in the majority of instances of this disease has failed to supply the information as to whether the nerve cells were or were not completely destroyed.

Like numbers amongst the members of the medical profession who so generously give their valuable services freely to the hospitals of England, the qualified osteopath (and I use the term "qualified" because it is so necessary to stress the importance of this point upon everyone) will generally be found to possess the same deep sympathy for his fellow-creatures whenever and however the opportunity occurs. Therefore, in my own particular case, after seeing the infinite power for good which osteopathy can be, and having had the splendid fortune to meet with great success personally, I felt it my duty to establish a clinic in the East End of London for the benefit of patients unable to pay the ordinary fees. At this centre I treated

over 3,000 cases, averaging from two to eighty years of age, receiving in return for the treatment given that finest remuneration of all, gratitude and kindness from sufferers who have gained relief.

Among the many interesting cases in my charge was one of infantile paralysis in a boy of eleven years of age. He had never had the use of his right arm, which was drawn up at the elbow with the hand doubled over. His right leg was also very weak. Apparently a hopeless case, I was delighted to find after I had treated him for three weeks that the leg was considerably stronger, and that the patient could walk with much greater ease. Further, he had started to gain power in his crippled arm.

I am delighted to relate that eighteen months later his mother came to ask me to tell her son to "stop looking for trouble," and I learned that he had been fighting with boys in the street and had become a terror to the neighbourhood !

Another particular case which passed through my care was that of a young woman aged twenty-three. She had suffered the misery of infantile paralysis throughout a weary term of ten years, and when she first came to me both her legs were so very weak that they had to be supported. She had undergone electrical and massage treatment continuously for some years before she visited me for consultation. After a month of manipulative treatment I managed to improve her condition so considerably that not only did her general health definitely improve, but she was able to discard the splint from one leg. And though after a few months' treatment the other leg showed no definite signs of improvement, the patient was deeply grateful for what had been accomplished, as not only did she feel so much stronger, but could move about with much greater ease and confidence.

I also had another case of a girl of fourteen who had suffered from infantile paralysis when she was six years of age. She also had undergone expensive electrical treatment and massage continuously for seven years, but all

to little benefit. Her leg still remained practically useless, and she had to wear a splint below the knee at no little inconvenience. After five weeks' treatment by manipulation I succeeded in adjusting and toning up the spinal column, and so satisfactorily improved this condition that she was enabled to walk without the splint.

Next I quote the case of a boy who suffered from infantile paralysis when five years old, but who did not come to me until he had reached the age of twelve. The illness had left him so weak in the right leg and right arm that he could only just manage to get about by throwing most of his body-weight on to the left leg, while he could not use his right hand at all. Unfortunately, in this instance, the parents were not in a position to afford the best of nourishment, or fresh air, so very essential in every respect. Yet, notwithstanding this, he responded so well to osteopathic treatment that in twelve months he was able to attend the ordinary school and had very generally improved in many directions.

Cases which can be taken in hand soon after the beginning of the disease respond to treatment in the most encouraging way. A man patient who came to me recently is a good example of this. As a result of an attack of infantile paralysis his hand and thigh muscles were useless. He had been treated by an ordinary doctor until he could walk, but was only able to do so with the aid of a stick, and he could only go upstairs by clutching the banisters and using one leg only. He frequently fell down suddenly when walking. There was some improvement after several months' treatment by a masseuse, but he was still unable to go upstairs alone. About nine months after the beginning of the attack he picked up a copy of my book "From Mons to 1933," and came to see me the next day. I began treatment at once, and in four weeks he was able to go upstairs normally. His leg filled out and regained its strength, and after two and a half months' treatment a six-mile walk gave him no trouble at all.



In dealing with such patients, I have found it best not to use electricity until I find the paralysed muscles definitely responding. In other words, I reserve Faradic treatment until the manipulation has enabled the limbs affected to move by themselves.

It is my firm conviction that no sufferers from this dire affliction should give up definite hope of recovery until they have sought relief by means of osteopathy, for several juvenile cases have passed through my hands and have gained sufficient strength to allow them to attend schools for children in normal and healthy condition, thereby avoiding that "inferiority complex" which so often casts its stigma and limits an adult's sphere of usefulness in future life.

The sad pity of it all is, not only in regard to infantile paralysis, but in relation to many other diseases which, unlike paralysis, are indisputably curable, that the persons concerned rarely, if ever, visit the osteopath until (as I have previously asserted) they have essayed every other form of treatment and have allowed precious years to go by in useless effort; so that in the majority of cases which have come before me the limbs have become so fixed through years of disuse that the vital muscles have deteriorated or wasted away.

In the foregoing outline of cases with which I have been privileged to deal successfully to the extent of at least partial betterment, I am perfectly certain that had these patients only approached me in the first instance, immediately after the temperature had returned to normal, I could have worked towards a complete cure. In each "case-history," however, it is highly lamentable that any delay whatsoever had occurred, whilst by no means of minor importance is the thought that many hundreds of pounds had been practically wasted on methods of remedying the wrong which—although applied in the best of faith—were but the treatment of symptoms and not of the cause, which was weakness in the anterior nerve roots in the spinal column.

I have emphasised in this chapter the fundamental importance of cases of such a character visiting an osteopath as quickly as possible after it becomes apparent that disease is present. That I have done so is not merely a personal endeavour to advertise or boom osteopathy, nor to swell the number of its patients, but just because, in the vast majority of cases of infantile paralysis, the effects of the trouble become more and more deep rooted and difficult to cure, and, further, many hundreds of pounds have been practically wasted during lengthy periods.

Spinal manipulation is, after all, the characteristic feature of osteopathic treatment, and just in the same way that any poor mortal who is tortured with persistent toothache realises that the best and most effective path towards the riddance of pain is to visit a dentist as quickly as possible, so anyone with spinal disease should be advised to visit an osteopath without delay, for, of all people, he is surely the most skilled and capable of bestowing just the right care and treatment demanded for the alleviation and subsequent cure of such an affliction.



## CHAPTER VI

### TONSILS AND CATARRH

DURING recent years particularly there has been very considerable controversy as to the advisability of removing tonsils, especially in children, without real necessity and often indeed at the merest suggestion of trouble. While I must admit that frequently this removal in many cases is a necessity, it is occasioned by damage which is the result of neglect during extreme youth, as I have outlined in a previous chapter. But there can also be no question that those experienced in the manipulative field—such as skilled osteopaths—can cause even tonsils in a bad condition to respond to treatment, just as well as other important organs of the body. For that reason, although I strongly support the medical profession in the extreme need of ridding a patient of tonsils which cannot be restored to an efficient working condition (a minor operation which is performed with such skill to-day that there is little risk of pain or discomfort), I would, at the same time, strongly advise that in all cases which have not reached such an extreme stage, treatment by osteopathy should first be tried in the hope that the sufferer can be restored to health without resort to surgical aid, with all its attendant unpleasantness and often great expense.

Here again I wish to stress the fact that Nature—ever provident—did not provide the human body with an appendix, tonsils and teeth merely in order that they might be removed by operative treatment, just as though they were luxuries or non-essentials put there in order to handicap the person concerned on the road of life. This argument will, I feel sure, be clear to those reading these pages, particularly if they bear in mind a point

which I have before commented upon, *i.e.*, that savages, leading a normal, healthy life seldom—if ever—are to be found with unhealthy tonsils or appendix. As for dental worries, with the vast majority even one decayed tooth is abnormal. What a farce, then, is at times the Western human being, surrounded—as he thinks himself to be—with every possible device and amenity at hand to make his everyday existence “one glad, sweet song!” It is, therefore, a mistake (and certainly no small one) to regard the tonsils as part of the human body which are cut off from every other part, seeing that they depend—as other organs do—on a correct blood supply and proper drainage.

In the many hundreds of cases of this nature which I have treated, my experience has been that, once I have corrected the lesions which are affecting the functioning of the bowels, the liver or the stomach, and these organs begin to work with renewed vigour, it rapidly becomes apparent that the tonsils are becoming less enlarged, more healthful in appearance and, ultimately, become in a large percentage of cases quite normal. And, as every part of the human body is but a cog in the wheel of life, I never treat such cases without giving auxiliary treatment to the upper curves of the spine and particularly to the first five ribs, for it is in this area that the osteopath obtains the best effects on the blood supply and the drainage of the head and throat. If I particularly emphasise this fact, it is because I am so anxious to represent that the body must be regarded as a whole in which—if perfect normality and balance are to be obtained—a rich and pure blood supply must reach its every part, thus preventing congestion and the resultant accumulation of waste products, which stand as the real cause of so many of the physical ills encountered to-day.

Let me add that, since the era of motoring when so very many people who formerly engaged in active exercise have now become quite content to loll lazily in “over-comfortable” modern motor cars, such con-

gestions and disturbances of circulation occur far more frequently than hitherto. Were indeed the medical practitioner, or the osteopath, not anxious to cure humanity, but merely out to make a rich living, he would be well advised to refrain from making such points clear to the general public. Whereas, in view of the very large number of medical, surgical and osteopathic books on the market to-day, it is proved beyond any shadow of doubt that the aim and earnest endeavour of the doctor, surgeon and osteopath is to prevent disease and to prevent causes of ill-health, before they produce such acute results that medical, surgical or osteopathic treatment becomes essential.

If I mention osteopathy last, it is because far too often that proves the exact order in which sick and suffering men and women advance along that road of pain and illness in their ceaseless search for a possible relief and cure.

In this particular field I repeat that osteopathy demands consideration and appreciation in its salutary treatment of the circulation of a human being's blood flow. What a wonderful situation would be created did mankind ever bear in mind that it is *blood* which is the prime healer of the body, and, assuredly, no one understands this better than the osteopath, who is trained to bring the blood to congested parts and, at the same time, to increase or assist the drainage—that is, the lymphatic glands and the venous circulation.

To assist to such an end, during the early stages of treatment the diet of the patient must be strictly controlled. I have also found that certain short periods devoted to a diet of orange juice and plenty of water are excellent. With regard to the latter, I should like to say in passing that I put great faith in distilled water, for I am firmly convinced that this has a greater effect than most people suppose in attracting to it waste products and so eliminating them better than ordinary hard water, which often holds so much in its solution and so fails to

have this beneficial effect. In this opinion I am glad to see that I am supported by that world-famous expert on the treatment of asthma—Alexander Francis, M.B., B.Ch., B.A. (Cantab.), M.R.C.S. (England), whose book, “Asthma,” recently published, gives the result of forty years’ very great experience, and is one which could be studied with great profit by all sufferers of this most distressing and difficult complaint.

In the treatment of the category of cases now under review, a specimen of urine should be sent to a laboratory for examination and the patient’s diet should then be drafted in accordance with what is found in the reading of the urinalysis. Thus if hyperacidity is present, “starchy” foods such as white sugar, bread, pastry, soups thickened by means of white flour, etc., should be discontinued at once and a more antiseptic diet should be recommended.

In glancing through my records of a number of cases of unhealthy tonsils and chronic catarrh which have responded well to osteopathic treatment, I found that by adjusting the misplacement in the neck, particularly the first two vertebræ, the patient has obtained great and almost immediate relief. Particularly in regard to catarrh of the nose and throat (which is so very prevalent in England), I find as a general rule that the patients have too much local treatment and that little or no attention has been paid to their digestion. So that as a result, though local treatment may relieve the condition temporarily, unfortunately the relief obtained is only of brief duration. For if the whole of the digestive tract is not treated, the catarrh must keep on returning with progressive disadvantage. I have been successful in obtaining excellent results by concentrating the treatment on the stomach, and by correcting the spinal lesions and toning up the central nervous system (also by paying particular attention to the abdominal wall), I succeed in effecting cures of long-standing ill-health. Indeed, I feel most strongly that in such cases patients should

consult both a throat specialist and an osteopath simultaneously, for then the cause as well as the effect will be dealt with with far greater prospect of success.

In such cases I always advise patients to eat their meals dry and to take some Kellogg's bran at breakfast. This compels them to chew their food well and produces the necessary roughage, so essential for the stomach and intestines, while avoiding "starchy" food, for the latter creates fermentation which irritates the glands and the nervous system. By this means I aim at making the bowels work naturally twice a day without medicine of any kind, and there can be no question that patients of this type do very much better and get well far more quickly if they reduce their accustomed amount of alcohol and tobacco ; I am not a great believer in eliminating from a patient's treatment all the pleasures of life, as the less one induces a patient to imagine that he or she is suffering from bad health the better.

For sufferers from catarrh it is also a good thing at first to wash the nose out night and morning with an alkaline solution and warm water. For this, a teaspoonful of salt mixed with half a tumbler of warm water and sniffed up both the nostrils from the palm of the hand clears the nostrils and takes away a considerable quantity of unpleasant mucus, and in the course of time renders the tissues healthier than before. It is a great mistake to use too much salt, as I frequently find many people do, for salt is really too strong for the delicate membranes and produces irritation. It is quite sufficient and perfectly safe simply to sniff the solution up the nostrils into the throat and spit it out again. It is not necessary to have any special apparatus in order to do this.

There is a tendency to-day to regard catarrh as confined to the nasal organs. Were this a fact, it would be a comparatively easy matter to rid the system of this disability. On the contrary, however, a person suffering from a bad catarrhal condition is producing enormous quantities of mucus which accumulate in the stomach



and intestine, with dire results. In some severe cases this ultimately results in clogging the system and generating toxic poisons which cause rheumatism and neuritis and others of the many ills from which the body suffers and which appear to be regarded as mysterious by individuals who have habitually over-eaten and paid insufficient attention to clearing the waste products from their bodies, with the inevitable result.

Naturally, the best slogan and form of treatment is briefly : "*less food and better elimination*," for these constitute the two things which are essential to health, particularly in the case of those who take insufficient exercise.

Curiously enough, the type of sufferer who visits me most frequently for treatment is the victim of a "healthy appetite" which is ever present—even though his or her system is actually clogged with food deposits which have neither been absorbed by the body nor eliminated.

Now the drainage system of a human body may be compared with that of a house, which—if clogged—results in unpleasant conditions and even disease. So it is with the drainage of the human system. It is seldom sufficiently realised by those who come to me suffering from rheumatism, disturbances of the digestive system, blood conditions, headaches, neuritis, palpitation, flatulence and any of the other disorders to which so many succumb, that in the majority of such cases the whole trouble has been started by a blockage in the drainage system of the body. This has had exactly the same result as a blockage in the drainage system of a house would cause—viz., it has set up and generated poisons which, in their absorption by the blood, have produced those unpleasant and often painful symptoms in the form of danger signals to draw attention to the fact that less food and more elimination were required. It would not be wrong to say that here I place my finger upon the cause of fully 50 per cent., if not more, of the main cause and root of disease ; and it will surely be comprehensible to the most unthinking individual that to continue to fill a



comparatively small-sized stomach with still more rich food—when already it is jammed up below to an excessive degree and in an inflamed and poisoned condition—must result in serious harm. One of the chief reasons for this state can best be described as “false appetite,” which induces such sufferers to think that they are really in need of food, when what they actually require is a few days of starvation, during which time their bodies should be flushed with orange juice and water only. It is in very truth this “false appetite” which has undoubtedly acted as the agent who sends so many people to an early grave.

Many people, for instance, labour under the delusion that when overtaken by a bad cold they should “feed the brute!” This idea, as most of us now know, is based upon the mistaken impression obtained from a wrongly quoted and misinterpreted proverb to the effect that if one fed a cold it would be outdoing and preventing a fever from developing later. What actually happens to the person is that if gross over-feeding be indulged in at a time when the system is poisoned by the effects of a bad catarrhal cold or chill of any description, fever will soon be present and the starvation process will have to begin! As we all know, when effective measures to combat a rising temperature have to be taken quickly, it is by the dosing of castor oil or warm soap and water enema that action of the bowels is accelerated.

Therefore, I shall have every cause to congratulate myself if this little volume of mine succeeds in teaching but one lesson, *i.e.*, that the great majority of people would derive far greater benefit and joy from existence if only they would eat about half of what they normally do and pay double the amount of the scanty attention they usually do pay to their bowel's daily action.

On the other hand, I do not wish my patrons for one minute to fancy that I am actually and wholly an advocate of “starvation diet,” or any other cranky systems which are so often placed and boosted before the public, but

I do earnestly believe that food consumption should be in relation both to the amount of energy expended and to the exercise taken. For whilst a great athlete having to run perhaps many miles, or a great boxer or a rider, or anyone indulging in very strenuous sport can absorb to advantage a large quantity of food, those who lead sedentary lives and exert mental pressure only do not require anything like that amount. This is only after all a matter of common sense and should be borne in mind by all those who seek the road to perfect health.

My experience has proved beyond question that, though many people afflicted by catarrh are assisted by light therapy, they respond very much better to manipulative treatment, and as a consequence I always administer manipulation first and then terminate each treatment with the essential light therapy.

The reason why this manipulation is so successful—particularly in cases of catarrh of the nose and throat and also in those where the tonsils too are involved—is because the glands throughout the system are thereby over-stimulated to increase the action. At the same time, the circulation of the blood is considerably improved, with the result that the whole digestive trend begins to function as Nature intended it normally should do.

I feel that I cannot too greatly stress the fact that, *until the circulation has been improved*, and until digestion is restored to something approaching normal, it is impossible to bring about the diminution of catarrh to any great extent. Once this occurs, the secretions gradually become less violent, while the assimilation of the food products becomes more complete, thus permitting the bowel and kidneys in their turn to become “toned up,” so that they too act more regularly and, in course of time (unless the case is of very long standing), become normal.

In a large majority of such cases I have found that the root of the trouble is caused through the presence of poisons in the lower bowel which irritate the membranes throughout the whole interspinal tract.

As the accumulation of catarrh tends to lessen and the tonsils have decreased in size, it is of the very greatest help and advantage to my patients to teach them how to do proper breathing exercises, both morning and evening. More especially is it necessary to instruct them to make adequate use of that useful organ—the nose—in order to fill the bottom part of the lungs. Quite a large proportion of such patients will generally be found to be shallow breathers. Therefore, the lungs are seldom, if ever, correctly filled and the dormant portions not only fail to fulfil their right *rôle*, but are actually doing harm.

My instruction in this more important detail is that a larger quantity of oxygen must be brought through the nasal passages in a properly warmed condition, so that the whole of the lung becomes duly expanded. I also impress upon my patient the great importance of breathing out slowly and to the utmost extent, in order that no residue of stale air should be left behind.

How many of these nasal and pharyngeal conditions (which are so very often allowed to become chronic) would be greatly relieved and—in many cases—completely cured if patients would but concentrate twice a day just on breathing exercises ! This is indeed one of the sure roads to health ; a road, moreover, which can only be trodden by the individual himself ! If this fact were only more generally known, far fewer patients would ever need to consult either the doctor or the osteopath, for it is only reasonable that a body deprived of its proper supply of oxygen must necessarily be in a poor condition.

Owing to our damp climate, this catarrhal condition is very prevalent in England, and I find in my vast experience of such treatments that breathing exercises are hardly known, and that comparatively few patients ever do anything in this way.

The foregoing remarks equally apply to the question of diet, as many such sufferers devour quantities of indigestible food or quite the wrong form of nutriment.

If a diet be prescribed for them, they will pay attention to it in such a half-hearted manner that they will frequently tell you that they have found keeping to diet of no avail whatsoever. Really, the whole fault lies in the fact that in the first place they are not breathing properly, and, in the second, do not give a correct course of diet a proper chance.

It should never be supposed that a catarrhal condition is a necessary accompaniment of living in a land cursed with a damp climate as is Great Britain, as manual labourers who are compelled by force of circumstances to work at hard physical exercises in the dampest and coldest air seldom suffer from such a complaint. In this case it is certainly not due to the fact that John Hodge has a greater knowledge of hygienic laws, but merely due to hard exercise compelling deep breathing and stimulating digestion. It therefore follows that, even though improper food be consumed, it has a better chance of correct digestion. Moreover, the intestinal muscles are strengthened and hardened by such labour, so that evacuation is normal.

One finds the majority of sufferers from catarrhal conditions amidst the vast army of people who have sedentary occupations, and those who live in over-heated atmospheres. This fact alone serves to indicate the importance of paying attention to the two points I have stressed in this chapter.

Surely it is a very strange reflection on our civilisation that quite a considerable proportion of Britain's population pessimistically accepts ill-health as an inevitable part of everyday life—dwelling, as it were, in a half-poisoned condition throughout the majority of the years of this mortal span : utterly failing to thrill and revel—as they should do both for their own sake and that of everyone around them—in the joy and zest of life, only to be derived from a state of complete *good health and vigour*.

Many will remember the story of a famous veterinary



surgeon who met with astounding success in his treatment of over-fed and unhealthy lap-dogs in London which were sent to him for cures. His one condition was that the animals should be left with him for one month, during which period they might not be visited. When he had amassed a large fortune (for he well knew in what measure to charge his wealthy clients) and was nearing the point of retirement, he disclosed the secret of the "cure"! His "treatment room" consisted of a small, enclosed courtyard, in which the wheezy, asthmatic and over-fed pug or pom was confined for a whole week, with nothing but an ample supply of water. During this time, however, the hard sole of an old boot was placed by its kennel, and the dog—accustomed to having its food presented to it upon a silver salver!—naturally regarded this leather "entre-mets" with detestation and horror. The second week the animal was permitted a little biscuit of the hardest type as an addition to this sparse diet. So small was it in quantity, however, that the ravenous animal in desperation finally employed itself in endeavouring to bite pieces out of the formerly despised boot sole!

Once this condition was reached the patient was "cured," and from that moment he was permitted a sufficient but sparse diet which, at the end of the treatment, resulted in the pup not only having reduced in bulk, but of having gained normality in every canine way.

Similarly, this same process of late years has been used to cure human beings suffering from those obscure complaints, the majority of which have been due to neglect of the elementary rules of health. In fact, many clinics have sprung up throughout Britain in which the sparseness of diet is only equalled by the enormous fees which are charged! Such a *régime* also involves a period of semi-starvation and assisted evacuation of the bowels, so that many men and women—who have sorrowfully pictured themselves to be departing this world—have found that they are restored to health in very full measure in a few weeks.

The moral is plain : the human frame can stand a great deal, as it is a very long-suffering piece of mechanism. But continue to poison it over a long lapse of time, and it finally takes its revenge in the form of catarrhs and colds, rheumatism, neuritis and many other of those kindred ills to which the body is heir. Perhaps some day, in a happier and wiser epoch, the education of every human being will be considered incomplete if, before facing the never-ending battle, termed "existence," he or she has not mastered and put into practicable execution the rudimentary and daily observances towards the attainment of *good health and clean living*. It would surely prove just as simple for good and conscientious headmasters and headmistresses to instil into the minds of their young pupils and charges (just as they endeavour to do with the principles of arithmetic and mathematics) that it is a duty both to themselves and to their neighbours to seek perfect health and at all times to look upon the appearance of colds and catarrhal conditions as a bitter reflection upon their own powers of decently accomplishing "the weary round, the common task." And this thought but bears out what I have already stated in my opening chapters : that many a bad and slothful habit developed in boyhood or girlhood is the forerunner of a grievous state and menace to one at those nasty and dreaded cross-roads known as "middle age."



## CHAPTER VII

### ASTHMA

OF late years a great deal has been written about this insidious and saddest of diseases, and a great many different forms of treatment have been advocated and applied with varying degrees of success or failure. There can be few maladies more distressing, causing such considerable inconvenience as does asthma, and my heart goes out in sympathy for those who, unhappily, have to bear with this complaint.

Asthma is indeed a subject upon which all engaged in the great science of healing should concentrate. For while I am not prepared to state that it is actually on the increase, from the very large number of cases which have come to me for treatment it is quite evident that much yet remains to be accomplished before one can grapple with it, hoping for the same degree of success which has crowned one's efforts in so many other forms of disease. Many medical and even some surgical treatments have brought considerable relief to a large percentage of patients, whilst a few have actually been cured. Strangely enough, however, there is probably no other form of suffering which tempts the patient quite so much, as does asthma, to experiment with "quack" remedies, with all their attendant evils and nearly always serious expense for little or no profit.

While it is a curious fact that the victims of asthma will seek the aid of the most unorthodox and indeed, in some cases, harmful treatment from "quacks," they comparatively seldom wend their way to the consulting-room of the fully qualified osteopath until the disease has been established for many years. Even when they do so, the visit is invariably made as the last resource.

For the foregoing reason I feel it essential to write a chapter dealing with this all-important subject, as it shows that sufficient is not yet known of the great service that osteopathy can render by its manipulative treatment.

Some chronic cases of asthma have proved so wearisome and trying that the patient almost believes it to be a positive truth that *nothing* is ever likely to prove of any avail, and, although temporary relief may be afforded from time to time, directly the treatment stops the symptoms return almost as badly as ever. These remarks apply, however, to those instances where the sufferer concerned has either neglected the complaint or has had it irritated by various forms of treatment—all, perhaps, unorthodox and irregular.

From the cases I have been permitted to have under my care, my experience has been that indubitably, as far as both children and adults are concerned, asthma is definitely curable. For example, I have had children from five to ten years of age brought to me with this distressing complaint, and it has been intensely gratifying when, on the conclusion of a short course of treatment, I have achieved their complete cure. In fact, I can confidently state that I find that children of immature years respond very quickly, which is but absolute proof of the great necessity to seek treatment before a chronic state has been reached.

I am of the firm opinion that a large number of the cases of asthma are due to certain faults in the circulation, and that the effect of manipulative treatment given by osteopaths so improves this that the blood supply to the nerves, the bronchial tubes and the lungs is increased. In addition, the ribs are lifted up into position, with the result that the drainage of the chest is improved, which in turn ensures much better gland action.

Very often I have also found that there are definite lesions or mal-adjustments in the neck, responsible to a large degree for producing continuous irritation and a

weakening of the vasomotor nerves, thereby causing congestion.

It has also happened in many instances that the fifth rib is involved—a rib which has a direct effect on the diaphragm.

In addition to this treatment, I pay great attention to improving the tone of the stomach and the digestive tract, and time and time again I have noted that attacks of asthma are aggravated by indigestion. Furthermore, there is positively no gain-saying that the stomach and solar plexus have a direct influence on these asthmatic attacks.

Dealing with various cases of asthma in girls from fifteen to twenty years of age, whom I have treated suffering from this disease in a chronic and severe form, it has sometimes proved a curious corollary that my first few treatments have a little accelerated the disease in a more aggravated form. Fortunately, however, as the treatment progressed, the patients concerned made a steady and definite march towards recovery ; the attacks became less and less frequent, until, finally, in many instances they ceased altogether.

With such evidence well in mind, I venture to point out that many asthma patients themselves weaken their own fight and chance of complete cure by lack of sufficient patience and faith in the practitioner or osteopath, or whosoever it may be, who is doing everything he can to bring about the return of normal existence and freedom from the disease under review.

I am equally definitely convinced that to attempt to cure asthma by darting from one expert to another in rapid succession in the expectation of miracles taking place within a short time is utterly hopeless and sheer waste of money. Yet, on the other hand, it must not be inferred that I for one moment desire to suggest that osteopathy offers the only possible cure or relief from asthma, although I do claim that it is a more certain and far less expensive cure than the majority of treatments.

One cannot altogether blame the victim of asthma for his or her impetuosity in the matter of effecting a cure and for scurrying hither and thither in search of a lasting remedy against the cruel attacks of a most distressing and alarming malady. But it is just these temporary "flare-ups," so apt to manifest themselves at the commencement of treatment, which cause such patients to think that the form of treatment they are undergoing has completely failed, and to leave it off, or go elsewhere, at the identical moment when the disease is on the point of decisive defeat ! This procedure can only cause the most grievous disappointment to the patients concerned, apart from those who are confident that their treatment and handling will ultimately bring about certain relief, if not a permanent cure.

My advice, therefore, to sufferers from asthma is that if they have been enslaved to its ravages for some years and wish to be cured, they should first choose with the greatest care the practitioner, or osteopath, in whom they feel they can readily place their utmost confidence and then leave themselves entirely in his hands until such time as a fair chance has been given for success. "Faith moves mountains," and the very fact that one possesses confidence in one's doctor or osteopath assists towards recovery in a greater measure than some would suppose.

Unfortunately for both patient and the healer concerned, the very symptoms of asthma produce nervous reflexes which render it very difficult for patients to realise that they are improving. Therefore, everything possible should be done to recapture and increase that most salutary spirit of optimism which plays such a major *rôle* in all forms of treatment.

Diet also has to be carefully controlled in these cases, as too many foods of a starch and sugar category will cause acidity, and this will greatly increase the irritation to the nervous system, thereby leaving the patient more prone to the disease.

It is in the earlier stages of asthma that parents should

do their utmost towards the cure of their child ; as, although this disease in itself is not fatal, it will with the years gradually weaken the whole constitution .

The results achieved amongst the many cases which have been brought to my notice undoubtedly prove that an osteopath should always be consulted in dealing with asthma, whether the patient is or is not being treated by a medical man. For if there are misplacements interfering with the blood supply and correct drainage of the bronchial tubes and with the stomach, no remedy whatsoever can produce any good or lasting effect until these mal-adjustments to Nature's framework have been corrected.

It has been my good fortune to succeed in curing some very severe cases of asthma in adults who have been treated by means of injections, and these have helped considerably towards stemming attacks when they showed signs of development. This form of treatment, combined with osteopathic adjustment, so strengthened the nerves and benefited the conditions that complete cures were obtained.

I have, as I have said, succeeded in treating and curing adult cases of asthma in which the ages of my patients have been between that of thirty-five and forty. But, in regard to such patients, I have encountered so much contraction and tension in the thorax and in the nerves of the upper spine and neck that it was impossible for them to improve until such tension had been relieved by manipulative treatment applied over a considerable period.

This response to treatment is understandable when this unhappy disease is viewed in the discerning lens of common sense. For what better treatment could be applied than the adjustment of the structure which enables Nature to function normally, thereby improving and strengthening the glands and nervous system, and removing the irritation in the blood ?

I have already stated in this chapter that the result of



my experience in treating asthma cases has been that the restoration of a proper and correct circulation bears a most important part in relation to a possible cure. Until a short while ago I was ignorant of a medical book entitled "Asthma," by Alexander Francis, M.B., B.Ch., B.A.(Cantab.), M.R.C.S.(England), for one of the grave disadvantages from which I suffer as a result of my blindness is the inability to read many such works as they appear. Very fortunately, however, my attention was directed to this most valuable book by an old friend who had derived considerable benefit from Dr. Francis' treatment.

While I would not venture for one moment to criticise any of the treatments offered by the medical profession for asthma (many of which prove most beneficial and often offer permanent cures), I yet hold the view that the most important factor in such cures is to establish a good and proper circulation which, with correct elimination and a rich and pure blood supply, assists in relieving an ever-distressing condition.

And if my own experience can serve as any guide, the best method of restoring this circulation and improving the condition of one's body is that of osteopathy. Furthermore, I am by no means convinced that nasal operations—so often attempted—bring about the same happy results.

On reviewing the different diseases which pass under my notice and care, it becomes more and more clear to me that the whole art of combat against disease is to adjust the system, improve the circulation and elimination of the body and blood, and thus restore perfect health to a physique which, through some cause or another, has deteriorated towards frailty or suffered undue shattering.

It so often happens that the tendency is to treat the disease and not the cause—much in the same manner that some people can never see the wood for the trees !

I therefore feel I cannot too greatly stress the fact that once the body is toned up and in the sane and wholesome

order which Dame Nature decreed, the rapidity with which minor and often major ailments disappear is nothing short of marvellous.

A considerable amount of research work has been undertaken in connection with asthma, and I am confident that it will all in good time be grappled with as firmly as have been in the past various other diseases which now are happily almost unknown.

In the meantime, I would most strongly advise those sufferers who have tried many other forms of treatment without success and who still find themselves to-day in the grip of this painful and overwhelming malady, to undergo osteopathic treatment without delay. I can assuredly promise that, in the majority of instances, very noteworthy relief results, while I repeat that in the past it has been my good fortune to effect permanent cures. It is, perhaps, one of the innumerable and appreciable advantages of the science of osteopathy that even in cases where it fails to bring about an absolute cure, it *never* fails to bring in its train a greater measure of health for the patient concerned. And this happy state is certainly not attained through every form of treatment which asthmatic patients often embrace !

So if I can send forth a ray of hope to those poor victims who are still struggling with "demon asthma," it is just because I have had the happiness to treat many sufferers with such success as to vanquish the foe.

## CHAPTER VIII

### OSTEOPATHY FOR THE THROAT, EARS AND HEAD

Now that I have dealt with the treatment of asthma and the catarrhal conditions of the nose and throat (such a frequent accompaniment of this malady), it will doubtless be of interest in this chapter to mention that most crippling condition—and one which affects so many people at such serious inconvenience—a relaxed throat. Although not painful, the patient suffering from this condition finds himself, or herself, generally debilitated. There is often the greatest difficulty in speaking at all, and when compelled to do so, for any length of time, patients usually find themselves in the unhappy predicament of losing their voices altogether.

Quite apart from this distressing condition, a relaxed throat is an affliction which frequently affects busy citizens in public life ; for instance, clergymen, soldiers, sailors, politicians, lecturers, singers, actors and actresses, who—above all people—must possess clear and articulate voices if they are to fulfil their *rôles* effectively and carry conviction to their audiences. Nothing can prove a greater trial than to be forced to listen for any length of time to someone endeavouring against heavy odds to produce their voice through an organ which is obviously out of gear ; and it is always most painful to me to form one of the audience when the speaker is fighting against such a handicap.

Sufferers from relaxed throat are very greatly to be pitied, and it would not prove out of place to state here that in cases where the vocal chords are involved and definitely affected, osteopathy gives immediate relief, and

—even in the most chronic cases—a definite cure is obtainable in a very short space of time.

My system in such cases is to manipulate the neck and the upper part of the spine until the nerve tension in the muscles becomes relaxed about the throat and upper chest, thereby improving the blood supply and the drainage.

Almost immediately after the first treatments, the patient feels definitely stronger, and it is amazing with what rapidity permanent improvement is effective.

In one instance a patient came to me suffering from this unhappy condition, a girl who had not been able to sing in a choir for six months because, although her speaking-voice had “returned,” she found that when she attempted to sing it was impossible to reach the high register which she had been accustomed to before her throat had become so relaxed.

I met with such success in this particular case that, after only a month’s treatment, she was able to sing throughout quite a long choir practice and—in a very short time following upon this—she again took her place in Sunday choir concerts.

There was the utmost pleasure for me personally in my treatment of this girl’s case, for it was wonderful to witness the joy experienced by the patient as she realised that her singing-voice, which she had imagined to be lost for ever more, was returning. This fact will be perfectly comprehensible to any of my readers who sing either for pleasure or professionally.

In this special case it was not merely the manipulation of the neck and the upper part of the spine which was so essential to recovery, but I found it necessary to pay particular attention to the stomach and the whole of the digestive tract, toning up the glands and improving the general nervous system. Furthermore, as there was no acute inflammation of the larynx, I gave electrical treatment to help to tone up the motor nerves ; for my experience has been that such treatment, combined with

light therapy, very considerably assists the manipulations of osteopathy in certain cases. On the other hand, however, electrical treatment and light therapy by themselves often improve the patient's condition, but they do *not*—as a general rule—ever bring about a lasting cure.

For that very reason it is necessary to point out that osteopathic manipulation forms the basis of all my treatments, and it is due to this that I regard the majority of my cures as typical, and it is certainly primarily by manipulation that I succeed in curing relaxed throats.

As I am very fond of singing myself, and have had the good fortune to be trained by professional vocalists (for to a blind man the great pleasure of music and the fact of being able to sing at least sufficiently well to enjoy it oneself means much !), it has brought me in contact with a large number of men and women who are dependent upon their voices for a livelihood. And I have often felt very sorry for those professional artists who do not appreciate the benefit of osteopathy, and who so very often have had to miss important engagements for, perhaps, many weeks on end. Had they but known of the rapid benefit to be derived by manipulative treatment under a skilled osteopath, such engagements would never have been lost to them !

Another case which I should like to describe, since the age of the patient was very much greater than in that already noticed, was that of a singer aged about sixty. He came to me with a rheumatic throat which had so badly weakened his voice that he had great difficulty in carrying on his vocation. It also debilitated his whole nervous system. He responded very well to manipulative treatment, and in a letter of appreciation which he wrote to me afterwards he said : “ Captain Lowry has improved my physical condition enormously, not only by his personal treatment, but also by the diet he prescribed. My throat has correspondingly improved.”

There are few maladies which respond so rapidly or



so satisfactorily as that of a relaxed throat, if taken in time.

The same remarks apply to many forms of deafness, where, by toning up the nervous system and improving the blood supply and drainage of the ears, the patient derives great benefit.

It will be known to most that the medical profession has recognised this fact of recent years, and that several specialists apply a form of vibratory massage to the ears for this reason. Excellent though this method may be, I prefer the manipulative one offered by osteopathy, through which the same results can be obtained, for I have found that my profession succeeds in the great majority of cases.

It is a grievous fact that while the deaf will leave no stone unturned in order to gain relief, they will seldom realise that to-day osteopathy offers one of the most valuable means towards recovery, or, at any rate, towards such improvement of general condition that the approach of total deafness may be staved off completely, whilst partial deafness can almost always be improved to normal hearing through the medium of treatment at the hands of a qualified and skilled osteopath.

Actually the head is the most positively abused part of the human body, especially to-day, when so many people drive their own motor cars and sit throughout so many consecutive hours in a stiff position, hardly moving their heads and with their framework so rigid that drainage to the important members contained within the head, the ears, the nose, the eyes, etc., do not obtain their proper supply of blood.

If my experience can be regarded in the light of any criterion, this condition is increasing very rapidly, and all who motor to any great extent and are unable to take their due and correct amount of physical exercise are most strongly counselled to visit an osteopath periodically to have their neck muscles loosened up and the drainage to their head improved.

## TENNIS ELBOW

In my experience in many of these cases in which the muscles and ligaments of the joints at the elbow are involved, and in some cases the movements of the wrist are also limited, the object should be to get rid of the contraction or tension which has been created by the strain or injury, and at the same time to replace the articulations into their proper alignment, making sure that the ligaments are readjusted.

Many cases only come to the osteopath at the last, having unfortunately wasted weeks having massage, heat, electricity, etc., and, though some improvement may have taken place, the patient has not regained normal use of the arm. The reason for this is that the treatment has not been adequate, in that the tension in the nerves and muscles has not really been relieved, and that in many cases the articulation is out of position.

I find no difficulty in curing these by manipulation, because it gets at what is the seat of the trouble by correcting the alignment of the joints and at the same time stretching the contracted muscles and nerves until the tension has been relieved, thereby establishing normal circulation and drainage and removing all cause of irritation from the nerve or nerves involved.

It is the same principle in dealing with the wrist. Often you will find that the patient has been having massage for some time, but on examination one will find that there is a bone out of alignment, and when this is replaced by manipulation the patient, to his great joy, finds that he has regained at once his normal strength and virility ; in other words, it is the same as in dealing with the elbow joint. What is the use, then, of having heat, electricity, etc., if what is really wanted is to correct the alignment of ligaments.

Another joint which is of interest to tennis players or others who are unfortunate enough to get tennis elbow, also involving the wrist, is the shoulder girdle. Experience

teaches one that many cases which have been unsuccessfully treated for their elbow have come to me afterwards because they felt that the arm was not quite right. I have found that it was not the original trouble at the elbow which needed treatment, but that the shoulder girdle which attaches the arm to the spine was out of position, and this was impairing the strength of the arm, as it meant inadequate balance and also interfered with the proper blood supply and circulation.

#### KNEE JOINT

In dealing with fluid in the joint, experience teaches one that it is much better to manipulate the joint than to rest it ; by keeping the patient in bed or with the leg rested every day that this continues, so do the muscles waste, and the joint in consequence becomes weaker ; whereas if the joint is manipulated at once and the alignment corrected, the patient can immediately resume ordinary walking, as there will be no pain, and very soon the natural exercise will bring back the tone and power to the joint and muscles.

In many cases I find that while patients sometimes think a cartilage is misplaced, this is not really the case, but simply that the alignment of the bones forming the joint is out ; this naturally affects the whole joint, including the cartilage ; but when the operator manipulates and corrects the alignment of these bones, the patients find that they have no further trouble with the cartilage. In most cases of cartilage trouble it is much wiser to have the joint manipulated ; in the majority of these cases where the cartilage is misplaced, the results are excellent, and the only other alternative for the patient is to have the cartilage removed surgically. It is always worth while, therefore, to give manipulation a fair trial before resorting to surgery. If the cartilage is split, it will have to be removed by the surgeon, but in most cases the cartilage is not split, and can then be corrected successfully and quickly by manipulation.

Many people complain of rheumatism and tightening of the muscles at the back of the knee ; when these are manipulated and the tension relaxed, they find, to their great joy, that the rheumatism has disappeared and that they walk once again with perfect ease and freedom ; the manipulation relieves the tension and re-establishes the blood supply and drainage in the tissues, so that all rheumatic deposits are taken away in the blood stream.

In cases where the patient has had trouble with the knee joint for some time, it is necessary to examine carefully the base of the spine and the arches of the feet. In a case, say, where the right knee is involved, you will find very often that the innominate bone at the right hip is out of alignment, and also in some cases that the transverse arch of the foot has fallen, or that it is a case of the longitudinal arch or flat foot. All this misplacement would affect the balance and throw strain on the knee joint, and therefore to get the best results it is essential to correct the base of the spine, that is, the innominate bones, the feet and the knees, and so you thereby get the body balanced and the weight taken equally on both feet.

I found this especially to be the case where the patient has had cartilage trouble and has had it treated locally, but has found later that the leg, though better than it had been, still felt that it might let him down. In this case it was the innominate bone at the hip which had been overlooked, and when this was corrected he soon forgot that he had had any trouble with the knee. If these innominate bones are not in alignment, they will, besides upsetting the balance of the body-weight through the knee joint, also interfere with the circulation and the nerves to the joint.

## CHAPTER IX

### MY OSTEOPATHIC CLINIC

IT is well known that in England famous physicians and surgeons, men at the very top of their profession, have been accustomed, according to a long-established custom, to give their services freely to the poor who attend our hospitals in London and other towns throughout the country.

The opportunity to do likewise is not yet open to osteopaths, though I hope that the time will soon come when in this, as in other matters concerned with osteopathy, English practice will have more in common with American. In America, osteopathic treatment is given at hospitals in the same way as medical, surgical and other necessary attention. Osteopaths in this country who admire the work done by doctors in our hospitals will welcome the time when they are able to co-operate with them for the benefit of the poorer classes.

In an attempt to prepare the way to some extent, however slight, I have myself experimented by opening free clinics in poor districts, where I have given osteopathic treatment to those who are unable to pay the ordinary fees.

Some years ago I started one such clinic in Stepney, and in this and my previous books I have quoted interesting cases which came to my notice and were successfully treated by me there. I found, however, that to carry on a clinic of this kind, single-handed, as little time as possible must be spent in travelling. Stepney proved too inaccessible, the journey through London to the East End during the "rush hours" of the evening being a very serious drawback, and I was eventually forced very reluctantly to look for a suitable centre rather nearer home.



In October, 1934, I found what I wanted in a small hall in Kennington. I met with very little encouragement at the first suggestion of my venture, being told by the curate of the first parish in which I proposed to open my clinic that there was no demand for "that sort of thing" in the neighbourhood, as there were plenty of doctors and nurses and there were hospitals and clinics within reach. However, a more sympathetic clergyman in a neighbouring parish agreed to let to me his church-room for one evening weekly, and I sent out announcements on the Saturday of the opening of the clinic on the Monday.

As a result of the very short notice given, I started on Monday evening with three patients. During the seven or eight weeks following the number rose steadily until I was attending thirty or more patients during the course of the evening. I arrive at the clinic about 6 o'clock, and frequently do not leave until eleven at night.

The arrangements made were very simple. One portion of the room is curtained off as a waiting-room. In the other portion, where a large fire is kept burning, there are two surgical couches, separated from each other by screens, one or two tables, benches and chairs. Patients are given numbered tickets in order of arrival, and wait their turn.

I have several nurses with me, who see the patients and help in the general treatment given, and an anæsthetist who attends during the early part of the evening, to give gas when I require it.

The treatment given, in addition to the osteopathic treatment which I give myself, includes electric treatment, when this is considered advisable, baths for feet, hands, arms, or pads for other parts of the body, massage, and exercises. Suitable exercises are shown to the patients, who are then expected to perform them regularly every day at home. They are asked to do them whenever they attend the clinic, to ensure that they are doing them correctly. Much harm can result in many cases from exercises incorrectly carried out.



PLATE 9.—GENERAL VIEW OF THE CLINIC SHOWING CAPTAIN LOWRY AND HIS NURSES  
AT WORK.

[To face p. 100.]



I frequently find it necessary to give advice on diet, among other things. Many of the people living in the poorer districts of London have little knowledge of the principles of personal hygiene, and not a few of their troubles are aggravated by, if not actually caused by, chronic constipation and similar ills. Some of the patients at my clinic, in fact, come to me for this very complaint, which I am thankful to say is extremely easily cured by osteopathic treatment. In other cases it is too often necessary to cure this before any real benefit can be derived from the special treatment to be given.

Other necessary advice I give according to the particular conditions of each case.

When I find, for instance, that owing to the tenseness and rigidity of the bones and muscles manipulation can only be performed under gas, I advise the patient to rub warm olive oil well into the limb and joint affected every night during the week before the manipulation is to take place. This makes it very much easier to perform, and helps towards a speedy recovery.

It may be relevant to remark here that manipulation under an anæsthetic is in no way different from ordinary manipulative treatment while the patient is conscious. An anæsthetic is only given in cases where tenseness and rigidity make it impossible to secure complete relaxation otherwise. Many patients, however, persist in regarding manipulation under an anæsthetic as an "operation" and dread it accordingly, though a patient who comes for manipulation perhaps hardly able to walk for the pain in her feet is afterwards able to go away feeling no pain at all. This confusion is common, not only among poor people, but in other classes of life as well. I remember one case where the anæsthetist was asked beforehand if "he had had many deaths lately."

It will, I think, be of interest to my readers if I give some account of the various cases which have come to me at this clinic since its inception—at the time of writing about two to three months ago.

As might be expected, the majority of the cases, especially the earlier cases, are foot troubles. When one considers the number of people in this country in well-to-do circumstances who complain of constant crippling pain in the complicated bones and joints of the feet, it is scarcely to be wondered at that those who are compelled by poverty to wear cheap, badly made shoes, ill-adapted to their feet, and who can afford little or nothing in the way of special attention for their feet, who are, moreover, often obliged to spend the greater part of the day on them, should suffer from misplacements which often amount to deformities at a very early age. Many such cases come to my clinic, and one is happy to be able to give the hope of real improvement, if not—as in many cases we can—of complete recovery.

Injuries to the hand, wrist, arm or foot are also common, and are usually quite easy to treat.

Patients at the clinic, women cleaners particularly, often complain of pains in their knees. This pain is due as a rule to displaced cartilage. By manipulation adjusting the spine, and the feet, balance is restored, the cartilage goes back into place, and in most cases there is no further trouble.

“Stiffness” of some part of the body is a very usual trouble in poor districts, especially among the older patients, and may be due to any one of a number of causes. Rheumatism, rheumatoid arthritis, gastroptosis, abnormal obesity, chronic constipation, neuritis, sciatica, displaced facial muscles, headaches, are also among the cases which I have treated since I opened this clinic in Kennington. Sciatic pain, often complained of, is frequently due to displaced bones in the feet or elsewhere, with consequent pain in the sciatic nerve, as a result of the strain on that part.

Many patients, having themselves benefited from one or two treatments, bring their friends to see me, in the hope that I may be able to help them too. They all take a great interest in each other's progress, and real delight



was shown by many of the other patients when one old man, after three treatments, was able to announce that he had put on his own boots for the first time for many years. He was quite crippled by stiffness when he first came to me.

The old people are, of course, the most difficult to treat ; their joints are more "set," less flexible, and the system as a whole responds far less readily to treatment. I have, however, been greatly encouraged by the improvement shown, even in these old people, after one manipulation under gas, followed by a course of manipulative treatment with the object of toning up the system and loosening the stiff joints.

Patients attending the clinic nearly always remark on the benefit to their general health which follows on treatment given for some particular trouble. One young girl who came originally for extremely bad "bunions," was heard to tell someone after a few treatments : "I think it has really done just as much good to my appendicitis, because that is ever so much better since I started coming !" Her digestion was, indeed, thoroughly out of order when she first came, and she was suffering from chronic constipation. As I usually do, I set to work to put that right from the beginning. No one can expect to reap the full benefit of any course of treatment for any part of the body while constipation or any other digestive disorder remains to hamper the work which is being done.

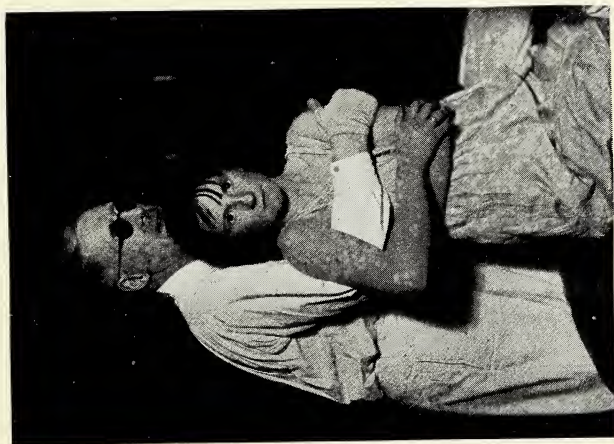
At the same time, it cannot be too strongly emphasised that if the framework of the body is misplaced at any point, the whole working of the organs may be thrown out of gear. Foot trouble, for example, leads to bad posture, and a wrong method of walking, with consequent misplacement of the abdominal organs ; chronic constipation is often found in those who complain of pain in their feet, and that, in its turn, leads, of course, to a great many of the ills "that flesh is heir to." It is the beginning of a vicious circle.

One very pale-looking girl of fourteen was brought to

my clinic in the hope that I might be able to do something to cure the intense cramp in her feet and legs. Partly as a result of this cramp she was suffering also from sleeplessness, with very bad effects on her general health. When her mother brought her to me she said that she had had to take the child to sleep with her, because she kept her sisters awake night after night, crying from the pain in her legs. She was extremely anæmic, her face had not a vestige of colour, and the anæmia and sleeplessness had affected her mentally to such an extent that her whole expression was completely vacant and dull. She took no interest in anything. This child has proved one of my most encouraging cases at the clinic, up to the present. After a few treatments, manipulation of her feet and legs, changes in her diet and starting regular exercises, the whole appearance and behaviour of the child was changed. There was a healthy colour in her cheeks, her expression had become lively and intelligent, and she was taking an interest in her school work and in games. The cramp had altogether stopped, and with it the sleeplessness ; she was sleeping quite normally.

Another young girl came to me suffering from abnormal obesity. As I have said elsewhere in this book, this type of case is generally due to glandular trouble, and responds quickly to osteopathic treatment. The reduction in weight week by week in this particular case is really remarkable.

An older woman came to me to have her hand treated. One of her fingers had been broken in an accident, and the doctor had been unable to do anything for her ; the finger had been useless for some time before I saw her. Her case proved to be very simple, and she was able to use her finger again after a few treatments. While I was treating her for this, she told me that she was worried continually by pains in her back, and by pressure on the bladder, which had troubled her for a long time. General osteopathic treatment cured these troubles, to her great relief.



CHILD CURED OF ANÆMIA AND  
BLADDER TROUBLE.



MANIPULATION OF THE FOOT IN CASE  
OF DROPPED ARCHES.

PLATE 10.



A young man who had injured his wrist found that he was able to use it again perfectly well after manipulative treatment, supplemented by massage and electric baths.

Cases of rheumatoid arthritis, sometimes of long standing, are too often brought to the osteopath as a last resource, but I have been thankful to be able to give some relief to many sufferers even from this very painful and distressing disease—doubly so, as it is, where the patient is in poor circumstances, as are those who attend at this clinic. One of my patients here is a comparatively young woman—very young to be attacked by this particular trouble; she has had manipulative treatment and electric foot baths, and her feet and legs are already showing decided improvement after only a few weeks' treatment. A bad swelling round one ankle has almost disappeared.

In every case where any actual misplacement that may have been present has been remedied, I continue treatment until I am sure that the muscles have gained sufficient strength to prevent any likelihood of a return of the trouble. This is particularly important with poor patients whose nutrition is perhaps not all that it should be.

I find at my clinic, just as in my West End practice, that the majority of the more serious cases among those who visit me have turned to osteopathy as a last hope in despair, having been treated at hospitals and by doctors, often for long periods; I always make a point of asking patients whether they have been to the hospital or to a doctor—it is indeed essential in taking the history of the case—and almost invariably they have done so. It is clear then that like most osteopaths I have at least a very large proportion of "hopeless cases" to tackle in comparison with the average medical general practitioner.

I may perhaps add that the patients are very appreciative of the work that I am doing. The clinic is free, and from the first I did not ask for or expect any payment.



The patients, however, expressed such a strong desire to pay something for their treatment that, in the end, it was decided that a box should be put in the room so that contributions, to be given to local charities, might be placed in it by anyone who wished to do so.



PLATE II.—THE AUTHOR WALKING TO THE TEE.

[To face p. 106.]



## CHAPTER X

### THE BLIND MAN AS GOLFER

I HAVE found so much interest and curiosity displayed in the fact that, though totally blind, I am able to play golf with sighted players, that I am including a chapter here on my experience as a golfer since losing my sight. Such a chapter is not indeed altogether irrelevant in a book dealing mainly with the subject of osteopathy, for, as I shall show, my experience has been that golfers, to an even greater extent than most sportsmen, benefit from or actually require the skilled help of the osteopath if they wish to be in the best condition physically to play a good game.

I came to take up golf again rather as the result of a chance suggestion.

During the Easter Monday of 1934 I found myself at that delightful Cornish seaside resort, St. Austell, and invited an old friend to join me.

Unfortunately his work made this impossible ; but in his reply of regrets he suggested (in a spirit of humour, as I supposed !) that I should avail myself of the magnificent golf which was to be obtained there.

Although I had played a moderate game of golf prior to my blindness, the thought of playing again had never occurred to me, for like most of the other games of which I had once been so fond, rugger, cricket and hockey, I had thought it lost to me for ever.

But the thought having once been introduced refused to leave me ; with the consequence that I presently found myself at the Golf Club and in some trepidation, as may be supposed, being put through my paces by its patient and efficient professional.

To my great surprise and joy I found that, providing

that he placed the head of my driver correctly at the ball, I could manage to hit the majority of balls. Perhaps it is only a blind man who can experience to the full the great joy of finding, long years after being compelled to give up a game which once he loved, that it is again within his capabilities.

Sufficient is it to say that the moment I realised I should be able to play golf once more, this knowledge opened up a vista of interest I had long since thought closed, and filled my heart with unutterable gladness.

For although I only tried the driver at first, I knew at once that I should find it possible to use the other clubs in turn. So it was to prove as day by day I practised, gradually becoming more proficient, and, in consequence, entering into the game with a greater zest.

Looking back, I find it difficult to account for the fact that with all the other interests I have taken up since my blindness, the thought of golf never entered my head. That this was the case I am inclined to think was due to the slogan "Keep your eyes on the ball," which was so often impressed upon me as the principal rule of golf when I was playing it in pre-war days. And, sightless, I imagine that this dictum remained in my subconscious memory ; telling me that golf was a game utterly beyond my reach.

To my great amazement I now found that, far from its being an essential rule, the slogan was utterly false ; for whilst obviously quite unable to keep my eyes upon the ball, I soon found that I was able with constant practice not only to hit the ball with certainty, but to drive a longer and straighter ball than ever I had done in the past.

This I attribute to the fact that my disability, coupled with my athletic accomplishments and osteopathic work, has demanded a higher degree of sense of balance than is normally required by a sighted person.

The result of this is that a perfect swing is more easily and more certainly obtainable ; and in consequence,





THE SWING BACK READY FOR THE DRIVE.



THE BALL LEAVING THE CLUB.



FINISH OF DRIVE.

PLATE 12.

[To face p. 108.]



providing that my stance is correctly adjusted in relation to the fairway and my club head placed directly behind the ball, I find no difficulty in playing it.

In other words, there is no question in my mind but that the false slogan "Keep your eyes on the ball" (which, as the American would say, is all "bunk"), should be replaced by another—"Balance truly."

This in turn brings one directly to osteopathy, for of the thousands of patients I am called upon to treat annually, many of them keen golfers, I estimate that fully 75 per cent. must experience great difficulty in obtaining the perfect balance required, seeing that a hip or leg or foot is generally found to be out of perfect alignment.

It is for this reason that I would advocate that whenever a golfer, man or woman, finds that notwithstanding every care and effort he is still failing to hit the ball smartly and clearly, an osteopath should be consulted. In many cases I have found it possible to make the required adjustments in two or three treatments, and to restore suppleness and balance to those who had become stiff and unsteady.

To return to my own golfing experiences, directly I realised that yet another avenue of happiness had been opened to me, I purchased a set of clubs and set to work to take golf seriously.

It will be appreciated that, with an increasingly big practice in the heart of London, and a free clinic for the poor of the East End, time and opportunity to develop this was difficult to find.

But few of us travel to the goal we desire by merely sitting and waiting for the opportunity which may never come. It must be *made*, and, realising this, I rose early each morning and, engaging a professional as a permanent employee, I seized every available chance to practise my shots. Sometimes it was possible to reach a golf course; often it was not, when I practised in the cellar of my house. And the great joy of knowing that the

week-end would always bring me at least four rounds of golf proved a veritable tonic. Experience soon taught me, however, that good golf demands a suppleness and poise above the average ; with the result that I thought out, experimented with and adopted a set of physical exercises directed to that end, particulars of which I give at the end of this chapter.

My first difficulty in learning to golf again was, that being blind, I reached out on the down swing, particularly with the wooden club, which necessitated the caddy placing the head of the driver four to five inches inside the ball. By degrees, however, I overcame this fault, and at the end of six months was able to place the head of the club directly behind the ball. I always have my own caddy, who comes with me three times a week to my lessons ; at the week-end I play on the course with a professional and practise daily, as at forty-five years of age I feel that I have not too much time to master the game. Further, since those days of 1914, I have proved that to get ahead with a new game daily practice, if only for ten minutes, is essential. I came to this conclusion when learning punchball, swimming and boxing.

When handed a club I first hold it with a very loose grip. The caddy can then grip it and place the head of the club without difficulty. I then take my stance immediately, taking care not to move the head of the club, and when I feel comfortable on my feet, I swing right away at the ball. An inclination to move the head of my club created difficulty for me during the first few months, and I feel that sighted people would get better results if they practised swinging right away without any preliminary waggle of the head of the driver over the ball.

The second point which I found so different from twenty years ago, when I could see the ball, was that I discovered it was not necessary to hit at the ball, but only to think of pivoting and taking the club up slowly and easily. I proved by experiment that the best method is to pivot right round, transferring the weight on to the right leg,



THE START OF A FULL MASHIE SHOT.



THE FINISH.



THE FOLLOW-THROUGH.

PLATE 13.

[To face p. 110.]





rolling the left foot over on to the side and not lifting oneself upon it, continuing to pivot until the left hip points at the ball. Then, pausing in that position an appreciable minute, let the club swing through easily, while transferring the weight on to the left leg, during which time the club head collects the ball beautifully. In other words, what I now concentrate on is not the ball at all, but keeping my head steady and pivoting with as perfect a balance as I can. Lastly, and most important of all, I follow through to the full extent.

It is now exactly twelve months since I started golf, and I have found that my touch has improved considerably during the last three months, which leads me to the conviction that many golfers would considerably improve their game if they blindfolded themselves when practising and relied upon the feel of the club only.

I have found since playing golf without the aid of sight that my swing has become more rhythmical and has, in consequence, increased in steadiness and regularity. I use my right hand more than I did previously, and I have little doubt that in my own case it is this which has helped me to get a much better touch on the clubs, thereby enabling me to feel the head.

If it is a hanging lie for a wooden club, I insist on my caddy not telling me, as I find it worrying, with the result that I probably top the ball. Although unconscious of this fact, I seem to know instinctively by the feel of the ground, and by keeping my weight back on the heels and swinging easily I find no difficulty in getting a good shot. I am also quite as quick in play as when I had my sight ; in fact, on the green or approaching I find myself quicker than sighted people, as on the green I have not to worry about looking at the different lines, bumps and whatnot. When I have the club in my hand the caddy places the head at what he considers the right angle. I have my stance immediately and simply ask "How far?" If he says five yards, eight or ten, I visualise that distance in

my brain and then concentrate on hitting the ball and following through.

Putting has always been my best set, and though I have sometimes gone off my wooden clubs or my irons, I have never gone off my putting.

Having the pin rattled in the tin is, I think, useless, as sound is too vague. I attribute my putting to good hands or sense of touch, and I think indifferent putters would certainly benefit by practising blindfolded. They would find that their sense of touch would improve and they would learn to swing the putter like a pendulum.

Regarding bunkers, rivers, etc., here again my caddy does not tell me, so my blindness becomes an asset, as I have no urge to go into what I do not see. He gives me, say, the mashie and places the head of the club; I get my stance, get comfortable and he says, "It's a good half mashie" or "It's a full mashie" or "A quarter mashie," and I simply concentrate on swinging the club slowly and smoothly and as far back as the distance indicates. I then come through slowly, taking care to keep my head steady until the ball has been hit and aim at getting the right shoulder under the chin. Indeed, I hit a much better shot now than in my sighted days.

The first real match I played was at Gleneagles, where I went in August for ten days' holiday. In one singles against a friend, who gave me a stroke a hole, I beat him on the eighteenth green. One of the holes I did in two and another in three, both being one under bogey. This was on the Queen's course. I also played foursomes and caddied myself against two friends whom we had the pleasure of meeting.

One gentleman was astonished. As he remarked afterwards to my friend, he never thought he would get a game, but was going out of kindness. Before he had gone a few holes, however, he was to realise that he would have to play and play hard, and there was only one hole in it, the eighteenth.

It was in this match at the first hole that I made a



GETTING OUT OF HEATHER.



GETTING OUT OF A SAND BUNKER.

PLATE 14.

[To face p. 112.]





put out of the sand bunker, putting it three yards from the pin. Braid taught me at Walton Heath to play these shots. I do not ground the club, but use my right elbow on the right thigh to steady the club, then swing straight up and whip it through without moving my body.

I also had one very good match at Ranelagh against a friend who naturally did not believe I could give him a match ; I beat him three and two. At one hole, for example, I missed the ball clean on the tee, but the next shot I pitched it three feet from the pin and got a three, and on many greens in this match I had only one put as I was running them up so well with the jigger.

In December, before sailing to the U.S.A., I had a great foursome at Birmingham at the Sandhaven Links, where my professional, J. R. Kelly, and I played two of the members.

At first my great trouble is always nervousness, as, being blind, I am perhaps more self-conscious, but when I got over this we reduced their lead from two up until they were three down, eventually winning by two and one. I never played such good golf before, as I got off the tee well, and my approaching and putting were most accurate. Some of the spectators measured one put I sank, which proved to be thirteen yards. Another, two holes later, was seven yards. With some of my approaches too, one of which was a half niblick and another a good quarter mashie, Kelly had no trouble in holing out.

One difference between my present-day golf and that played in my sighted days is that I practise much more consistently and stick the pace much better, and although some week-ends I return feeling the world has gone wrong and that I shall never play golf, I am out next morning at 7.30 practising.

I frequently practise with one club ; in fact, I enjoy practising more than playing a round, for it is only by regular practice that you can really improve and get that much-to-be-desired mechanical and rhythmical swing.

I have also found in these twelve months that to get ahead one must be fit, and if some of the muscles at the small of the back, hips or shoulders are contracted, one should go to an osteopath and get them relaxed.

As an example of this, a patient came to me recently to be toned up, but not in any way in connection with golf. It turned out afterwards, however, that he was a very fine golfer. Later he told me that following the treatment he had suddenly gained fifty yards in his drive. This was obviously due to the fact that I had relaxed the shoulder girdles and the muscles of the small of the back and hips. Consequently, without realising it, his swing became much freer and better balanced.

It is useless to take continual lessons if you are suffering the tortures of the damned, because the arches of your feet are weak or if you are wearing metal foot supports, which make it impossible for you to grip the ground properly, your balance will be imperfect and your swing can never be true.

It amuses me to hear a professional say that his teaching will do everything and that no other exercise need be taken. This is not the case, neither is it common sense. Surely if your body structure is balanced, nerves and muscles properly relaxed, and you do five minutes' driving exercise daily, you will be able to respond and get much better results with your professional.

Each morning, before I go out to golf, I do a few of the best exercises, which I find have helped me considerably.

These exercises need not take more than five minutes and should include balancing on your feet, exercises for developing mobility of the trunk and hips, and movement of the shoulder muscles, as shown in the illustrations.

The better and more easily one can move the trunk and balance, the easier will it be to swing a club. Thus you will find, as I have done, that keeping your eye on the ball is only a secondary consideration, and that if you



PUTTING : THE PROFESSIONAL PLACING THE  
CLUB AT THE BALL.



PUTTING.



A LONG PUTT.

PLATE 15.

[To face p. 114.



pivot and swing the club and do not hit from the top of the swing, the club will collect the ball and the wrists will come in naturally.

I should like my readers to know that all my practice is done before breakfast, and during spring and summer after 7 p.m. as well. I never permit that bogy "I have no time" to enter into my vocabulary.



## CHAPTER XI

### NEW YORK AND BOSTON, CHRISTMAS, 1934

THE price of success sometimes proves great, and with an increasingly busy practice I have of late years found it necessary to spend my Christmas holiday away from England whenever possible, both because this offers a more complete change and also because I find it difficult, indeed often impossible, not to heed my patients' call for treatment. Osteopathy, like most other forms of treatment which call for great endurance or what may perhaps best be described as personal magnetism, calls upon the nervous system, which requires to be, as it were, recharged when opportunity occurs.

As a blind man I am curiously susceptible to environment, but I have always found that a visit to the U.S.A. proves the most stimulative of any—first because I have found the American not only most hospitable and charming, but also most refreshing in his engaging interest in things in general. Somehow it seems to me that the magical air of New York especially, almost electrical in quality, sharpens the intellect ; I have never found elsewhere the same bright and attractive intelligence, neither have I encountered anything approaching the warmth of greeting which I have always met there.

Consequently I decided to spend the Christmas of 1934 in New York and Boston, both in order to enjoy a resumption of past friendships and also because I had been invited there for matters connected with my own profession and with Freemasonry, and, together with my wife and an old friend, I set sail on December 19th in the R.M.S. *Aquitania*.

Like all the Cunard boats I have been on, she proved as comfortable as a first-class hotel, while nothing could

exceed the courtesy and efficiency of her staff. Rough weather was encountered almost from the start of the voyage, increasing in velocity to such a degree that our ultimate arrival in New York was a day and a half late. Fortunately, however, our little party were all good sailors, with the result that we made 100 per cent. attendance at meals—the occupants of most other tables being conspicuous by their absence.

Unfortunately the weather proved too rough to allow the ship's swimming bath to be filled, but as this ship possesses a most excellent gymnasium with a very capable instructor, I spent a great many hours every day in ball-punching, rowing, artificial horse riding, and other of the many occupations for keeping fit offered in that comfortable place. In addition, however rough the weather or cold the air, I walked not less than five miles a day, for I am a great believer in maintaining one's physical fitness on board ship, my experience having been in the past that most people eat too much and exercise too little when at sea.

The amenities of ocean travel to-day were indicated by an excellent cinema, complete with every detail, which gave three presentations to each class during the voyage, but this of course I could not enjoy as those possessing their sight. Notwithstanding this, it is always a great pleasure to me to sit in an audience and to sense the appreciation and happiness which is being given by the clever and original films which are produced to-day. This, perhaps, explains why I, as a blind man, occasionally attend the theatre, for it is not always appreciated that absence of sight does not mean any limitation of intelligence, in fact the reverse, and that a great deal of pleasure is transmitted through those with whom I am in such close contact.

Christmas Eve found us still twelve hours from New York, but the ship rose to the occasion nobly by giving a banquet of an amazingly attractive quality. A procession of chefs marched through the saloon bearing all the

traditional Christmas viands, such as pig's head, turkey, peacock, etc., following which, those dining "made whoopee," to use an Americanism, until the small hours.

With the pilot next morning arrived a bevy of reporters, who made me the chief item of interest—the news of my impending arrival in New York having reached them from England some days previously. Contrary to the general opinion, I have always found American pressmen singularly easy to talk to and very fair and considerate in their questions, and this was to prove the case on this occasion.

As a great golfing people, they were most interested in my being able to play golf without the use of my eyes, with the result that I was kept for several hours describing how I managed to do it.

I was the recipient, immediately upon arrival, of numerous offers of entertainment, while the number of prominent Americans who called upon me at the Hotel Chatham was quite embarrassing. As an Englishman visiting the United States one always feels this slight embarrassment, knowing as one does how cold our own receptions must appear to Americans visiting London.

A curious incident happened to me upon my arrival at the Hotel Chatham, for I detected that the uniformed page taking me to my room was Irish, and, upon asking him what part of Ireland he came from, he replied that he remembered me quite well, as he too had served in the Royal Irish Rifles in the Retreat from Mons, having been taken prisoner the first day. It was a singular coincidence, considering that so few of the regiment came through, and he was very anxious to hear what had happened to the officers under whom he had served.

I was made a member of the Knickerbocker League and the River Clubs of New York City, all of which are housed in wonderfully artistic buildings, everything being in exquisite taste and offering a delightful atmosphere. To those who have never visited New York before, it must be a revelation to see the wonderful



PLATE 16.—THE AUTHOR PLAYING BRIDGE ON S.S. *Aquitania*.

[To face p. 118.]





buildings and the high sense of art which has animated those responsible for their construction, and I am definitely sure that there is no club in London which can compare in architecture and general arrangement with any of the three clubs I have mentioned. I do not say this in any spirit of criticism, for many London clubs are most attractive and pleasant, but in my opinion America definitely leads in building, heating, transportation (whether aerial, motor or train), artistic taste, traffic management and in general hospitality. On the other hand, even the Americans themselves admit that England is superior in justice, law and order and its magnificent police force, which, after all, forms a very important part of civilisation, so that in throwing bouquets at one, I also throw a very fine one to the other.

In accordance with my usual policy of attempting to do things like ordinary sighted people, I ascended the highest building in the world, the Empire State Building, which is 1,250 feet high, possesses 102 storeys, and offers a magnificent view over the whole of the Island of Manhattan, upon which New York stands. One goes up in a succession of three lifts, the first of which takes one up eighty-six storeys in exactly one minute. Notwithstanding the speed at which one must be ascending, there is scarcely any sensation, and I can only assume that it starts slowly and increases by degrees. The marvel of this exquisite building, well heated—even at the extreme top—is that it stands upon the site of another which was pulled down and replaced by the existing one within eighteen months, a marvel of architecture and of building, seeing that it is required to stand at times a wind pressure of up to seventy miles per hour.

Owing to the extreme courtesy of Mr. Charles Cook Paulding, the President of the Union League Club, and the soul of hospitality, I was enabled to get some excellent bridge there, where I met some of the best players I have ever played with. The sense of spaciousness in that wonderful card room was delightful to me, for whereas in

England the card room of a club is so often comparatively small, here one played in a vast room of quiet dignity.

I had, however, to quit the delights of New York for those of Boston, where I had the honour of being invited to attend a large Masonic festival on the Feast of St. John, the most important of the year, in Massachusetts. It was a really marvellous opportunity of meeting my brother Masons ; had I planned my visit for ten years beforehand I could not have hit upon a more fortunate occasion, for representatives of 250,000 Masons were to be present, a large proportion of whose names were legendary throughout the Masonic world.

The journey to Boston was through most pleasant country, along the coast for a considerable distance ; and one was offered remarkably pretty views of inlets and bays of an attractive description. It was mid-winter, and the smaller lakes were frozen over, with people brilliantly attired skating merrily upon them. But what interested me most was the fact that many of the small sailing yachts were lying at their moorings, although in 20 degrees of frost, instead of being, as in England, laid up ashore. This rather puzzled me, for I could not believe that sailing could be indulged in, seeing it was such a severe winter, neither could I ascertain whether this was customary. It is perhaps necessary to add that when I say I saw such things as these, I mean through the description of others, for it sometimes seems to be thought that a blind man should go through life without taking any further interest in such matters as scenery, ships, etc., which is, of course, absurd. From a companion with any power of description, one is able to obtain an impression of the exact appearance of things, and can extract a great deal of enjoyment by mentally seeing an attractive country.

The train proved delightfully comfortable, and the negro porters, as usual, amusing and excellent. While for general comfort I prefer American trains to English, to my mind our system of giving tickets prior to a meal is

preferable to the American queue system, which necessitates people waiting for long periods. In addition, I dislike the practice of giving such generous helpings of everything as is done in the U.S.A., with the result that one's small table becomes not only completely covered with plates and dishes in a short space of time, but uncomfortably over-crowded. Here, perhaps, I speak from a health point of view, for I am absolutely convinced that far more people die from over-eating than from over-drinking, and particularly on a sedentary train journey the amount of food required by the body is comparatively small ; many courses, therefore, prove unattractive to me.

I was met on arrival at Boston by Mr. Alfred H. Moorhouse, who had kindly made all the arrangements for my visit, and he was to prove a most delightful host. I stayed at the Touraine Hotel, which was most comfortable, and from there went to the Harvard Club that same evening to attend the seventy-fifth anniversary celebration of the St. Bernard Commandery (12 K.T.), where 500 of the most prominent Masons in America—representatives of almost every State—were present. With the usual American courtesy, I was given a prominent seat in that well-filled Lodge Hall, and cannot remember when I felt more impressed with the importance of the occasion. Not only did I know that I was in the midst of such a number of most prominent public men and men whose names were world-wide in fame, but I also knew they were welded together for one common purpose, and that purpose the same for which we Masons in England work together. The ceremony itself was magnificently rendered, whilst the singing which followed was of a high order, so inspiring, in fact, that I was carried away by my emotion. It was indeed a wonderful gathering, and it was late at night before I parted with the last of my Masonic brothers, who had left a memory behind which would linger in my mind for ever.

I had, as usual, been interviewed by Pressmen during the day, who had elicited from me the fact that I had

taken part in the Retreat from Mons as an officer of the Royal Irish Rifles, which had successfully fought with others the Battle of the Marne, and it was therefore with considerable amusement that I found myself described the following morning in a local paper as follows :

“ Captain Gerald Lowry, the blind osteopath, served in the Royal Irish Rebels, which was defeated at the Battle of the Marne.”

Then came the sights of Boston, the historic spot where tea was thrown into the sea, now indicated by a copper slab upon the wall of a bank, for the harbour is indeed far remote ; the scene of the Boston Massacre on March 5th, 1770, the building of which still stands ; the majestic Institute of Technology ; and the City House ; all of which are historic. In addition, I visited Bunkers Hill, in the taking of which my friend's regiment had been victorious, and upon which now stands a large monument. My friend, Mr. Moorhouse, prior to adopting American citizenship, had been an Englishman who had married an American wife, and once, in a spirit of humour, said to her that he had never known a memorial erected to a defeat. Her answer was that while the British might have won the battle, the Americans have the Hill ! I was also shown a valued relic when at the Masonic Festival—a lock of the hair of George Washington.

Time was however now getting short, and I had to return to New York, where a large number of invitations awaited me—the chief among these being a wonderful reception at the Masonic Headquarters of New York, where Mr. T. O'Donnell, the Secretary of the leading Masonic paper in the United States, looked after me and showed me round their wonderful apartments. With him I attended a delightful lunch with from 80 to 100 of the New York leading Masons, when I had the honour of giving them a short address on the “ Development of the Sixth Sense, and what it means to the blind world,” and a delightful dinner given by Mr. Francis Higginson Cabot,



Junr., and his attractive wife, where I was privileged to meet many prominent Americans and to enjoy a most pleasant evening. Their charming flat stands high up above the Hudson River, affording a most attractive view, especially at night, while it would be difficult to find a more pleasing building. Then came lunch with Mr. Townsend Lawrence, who spared no effort to make my visit pleasant and whose experiences in war were naturally full of interest to a soldier.

Through the courtesy of Mr. Elihu Church, an opportunity was also given to lunch at the Pilgrims' Club of New York—a rare honour—for here were gathered together some twenty of the most distinguished figures in American life, lunching comfortably and quietly forty-seven storeys above street level.

One amusing experience occurred in New York when someone purporting to be the Chief Steward of our ship rang up stating that he was sending us ashore four bottles of whisky and one of brandy, as he feared that the liquor purchaseable in New York was not altogether satisfactory. Although not a spirit drinker, I could not well refuse this offer, with the result that presently a messenger arrived with the consignment, for which I was compelled to pay something like £5 10s. Fortunately we did not touch this liquor, for next morning it was proved to be a fraudulent transaction, and the liquor merely raw spirit with dummy labels pasted on the bottles describing the contents as "Johnnie Walker." I was on the point of throwing these bottles away, but was appealed to by the hall porters, who wished to take them for their New Year celebrations. I explained my doubt regarding the safety of such alcohol, but they made it quite clear that the more potent and the more like liquid fire such alcohol was, the more it suited the New York palate. Having done my best to dissuade them from drinking it, I presented them with the bottles, which they took off with great delight, and appeared little the worse for the contents when I saw them next day, having greatly enjoyed themselves.



The voyage home proved as tempestuous as that out, with the result that the ship was kept active most of the time. Notwithstanding this, I found, as I invariably do, that there is no rest equal to that which one obtains aboard ship, when one is removed from the strain of everyday life and from the minor worries which afflict all who live upon land. As I had done on the voyage out, I sang for an hour every day, for I have found there is nothing like singing, in addition to exercises and gymnasia, to maintain the general health, and with this and bridge I passed a most comfortable time during the ensuing six days.

On the voyage to America I had given a lecture for the Missions to Seamen, by which I had made £22 odd, and my friend, on the voyage home, gave another at which £21 was collected, and I was gratified at beating him by over a pound.

Before sailing I had collected 2,000 golf balls which I had meant to drive off the ship in order to keep up my golf practice. This is not as extravagant as it may sound, because I had succeeded in buying this large number of balls at the average rate of  $1\frac{1}{2}d.$  each. But unfortunately the weather throughout the entire journey was so rough and so intensely cold that it was impossible to carry out this intention, with the result that upon arrival in England this large sack of golf balls was treated with intense suspicion by the Customs, who evidently suspected me of having adopted a most clever ruse to convey opium or cocaine into the country. However, having finally convinced them that I had not entered the profitable occupation of a narcotic smuggler, I was allowed to proceed, and returned to London at 4.45 on January 9th, to find my consulting room full of patients and to operate upon my first case five minutes after getting home.

I shall ever look back with the most happy recollection to the wonderful Christmastide I spent in 1934, and the extreme and delightful courtesy and kindness I met from my many American friends.

The more one sees of the United States and of its delightful people, the more one realises the enormous value which would accrue were America and England—those two great English-speaking powers—to stand shoulder to shoulder in all measures required to maintain the peace of the world. By this I do not suggest any of that ridiculous “Cousins across the water” bunk, to use an Americanism, but it does, to my mind, seem pathetic to envisage a powerful country such as America with its population of 122,775,000, and the British Empire with its population of 47,830,420, both speaking the same language, both desirous of maintaining peace and forming, as they do, the highest civilising influences in the world, separated not only by 2,000 miles of water, but by a non-recognition of the many qualities they possess in common. Both are perhaps equally to blame for this situation, and I feel more than ever before since this last visit that it would not be difficult to find some means of bringing our two countries together in complete agreement in such a manner that no country in the world would ever dare to attack either America or England, knowing, as it would, that the might of both Great Powers would be directed against it. And so through this great union would permanent peace follow which, after all, I feel sure is the desire of every citizen of the United States and Great Britain.



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